



**St. Mary's College of Maryland**  
at Historic St. Mary's City

Office of Lifelong Learning & Professional Programs

## **Hatha Yoga: The Hidden Language**

This approach to Hatha Yoga unites body, mind, and speech by blending movement with reflection and journaling. Engaged in a physical practice while exploring the symbolism of the poses enhances Hatha Yoga into an insightful experience. This practice deepens the physical experience of Hatha Yoga and helps you confront current life issues and questions about yourself. You will need a yoga mat and journal. Some yoga experience is helpful but not required.

**Instructor:** Mary Ellen Steveling, ERYT

**Location:** Montgomery Hall Dance Studio (Room 107)

**Schedule:** Tuesdays 5:30-6:45 pm, February 16 – April 20

**Course Fee:** \$100 (Fees may be paid by check payable to St. Mary's College of Maryland. Credit cards are accepted only for registrations delivered in person to the Business Office in Glendenning Hall.)

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_

**Phone:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Mail registration forms to:** St. Mary's College of Maryland  
Attn: Cashier  
18952 East Fisher Road  
St. Mary's City, MD 20686-3001

**Questions???**

Please contact the Office of Lifelong Learning & Professional Programs at 240-895-3007