



SOL YOGA

at hood college

good cause yoga

Yoga at Hood is made possible by Sol Yoga's Good Cause Yoga & Teacher Training Programs. New yoga teachers donate their time to teach yoga classes at no charge.

The age old practice of yoga can relieve stress, strengthen your body, improve mental clarity and much more. Since 2006, Good Cause Yoga has allowed the benefits of yoga to be accessible to everyone in the Frederick community.

Additionally, Sol Yoga is founded by Hood graduate, Dorcas Quynn McWilliams. She took her first yoga class in 1998 at the Hood Gambrill Gym in a similar free yoga program. Dorcas is honored to return to Hood.



www.solyoga.org

2 classes per week

mondays

5-6pm

flow yoga

thursdays

12:45-1:45pm

gentle yoga

Fitness Room
Gambrill Gym

Gentle yoga is open to all levels of physical ability.

Flow yoga is open to all & requires minimal physical fitness.

some yoga mats available

free for all students, faculty & staff

Monday 5-6pm	Starts! Oct 17	Oct 24	Oct 31	Nov 7	Nov 14	Nov 21	Nov 28	Dec 5	Dec 12	Jan 23	Jan 30
Thursday	Oct 20	Oct 27	Nov 3	Nov 10	Nov 17	Dec 1	Dec 8	Dec 15	Dec 22	Jan 19	Jan 26