

YOGA IN THE GALLERIES

SCHEDULE OF CLASSES Through December 2016

Wednesday, 10 a.m. to 11 a.m. in the AU Museum

Spring:

April: 6, 13, 20, 27

May: 4, 11, 18, 25

Summer:

June: 1**, 8**, 15**, 22, 29

July: 6, 13, 20, 27

No yoga for the month of August

Fall:

September 7, 14, 21, 28

October 5, 12, 19, 26

November 2**, 9**, 16, 30

December 7, 14

Denotes that the museum will be **closed on these dates for installation of the next exhibitions. Yoga **will be held** as scheduled, but please be advised that there may be noise from the installation crew.

Please join our email newsletter list for the most up to date information, notifications about cancellations due to weather as well as other happenings in the AU Museum! Sign up at the front desk or online.

ABOUT THE CLASS: Join certified Kripalu yoga instructor Eva Blutinger for a reflective yoga practice in the Museum. Allow art and yoga to refresh, rejuvenate and take you on a journey to your intuitive, creative and authentic self!

Yoga is about self-expression and, like the works in the gallery, a form of art that reaches the deepest levels of relaxation, tranquility and stillness. The powerful meditative aspects of Kripalu yoga combine breath and movement that help you to slow down, to be in the present moment, and to appreciate the beauty and art that surrounds you. A perfect venue and truly healing and empowering experience!

COST: Classes are \$10 per session and free for museum members. Individual memberships begin at \$60. To become a member, visit our membership page online or call (202) 885-3656.

Cash and check are accepted prior to the class or pay online in advance at:
www.tinyurl.com/aumtickets

Please bring your own mat. Thick mats, blocks and blankets are recommended.

LOCATION: Classes are located inside the museum in the Katzen Art Center, 4400 Massachusetts Ave, NW. For more information, see Visiting & Events page online. Metered parking is available underneath the Katzen Art Center for \$2 per hour.

ABOUT THE INSTRUCTOR: Eva Blutinger has been dedicated to the practice of Yoga for over 20 years. She is a certified yoga instructor with accreditation for 500 hours from The Kripalu Center for Yoga and Health in Stockbridge, Massachusetts, a nationally recognized yoga training institute. She loves sharing the gift of yoga and its profound healing effects for beginners and experienced practitioners alike.

Eva believes that yoga is a practice that brings strength, joy, reduces stress, and provides richness to life. She works with wounded warriors and veterans at the Walter Reed National Military Medical Center in Bethesda, teaches students at the American University, residents of Wesley Heights, and faculty at the Sheridan School with a focus on stress management.

A longtime Washingtonian, Eva was raised in Italy and has lived in the District since 1976. A former executive in the information technology industry, she is the mother of three boys and holds an MA degree from The American University in Washington, DC.