

## YOGA CHILLAX

Breathe. Stretch. Breathe. Open. Breathe. Release. Repeat. And breathe even deeper. This 75-minute class is like a mini-vacation from tension, fatigue and tightness that will leave you feeling refreshed, calm and balanced. The perfect way to end a stressful day.



## Uma Valerie

Uma Valerie Carruthers, certified instructor of both Yoga and Pilates, is delighted to be offering the first ever Yoga class at Just Dance. She has been teaching Yoga and Pilates in Florida for some 15 years. For the past two and a half years, she has taught Yoga in Deland and Deltona as a Group Exercise instructor with the Volusia Flagler YMCA. Uma is also certified in Moving for Better Balance, a modified form of Tai Chi designed to prevent falls in those age 55 and up.

She currently teaches MBB at the Four Townes Y in Deltona. Previously, she taught Yoga and Pilates extensively in northeast Florida and was the go-to instructor in Flagler County at numerous locations including the Palm Coast Community Center, The Club at Hammock Beach, various Yoga studios and fitness clubs.

Uma's style of Yoga uniquely blends her two main certifications, the mind-body harmony of Kripalu Yoga and the alignment-centered focus of the Southern Institute for Yoga Instructors. Her mixed level classes accommodate and guide everyone from novice to advanced so that all can safely learn and evolve their individual Yoga practices together. She teaches from the heart with patience, humor, insight, clarity, joy and compassion. Uma believes it's never too late to start doing Yoga and enjoy every moment of it.

Find her on Facebook under Valerie Carruthers (Uma). She is based in Deland where she lives with two cats, does healthy cooking, and writes for her blog, [www.theroscoeffect.com](http://www.theroscoeffect.com).

(Photo credit: J. D'Amore Studio.)

### Class schedule:

**Thursday's 6:45 - 8:00 pm**

**Single class: \$10**

**6-Class card: \$50 (save 15%)**

**10-Class card: \$80 (save 20%)**

**Just Dance & Fitness members receive even more of a discount. Please contact us for more information.**

**Just Dance & Fitness Studio**

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