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THE NAP TOWN YOGI®

PREMIER SOURCE FOR ASHTANGA YOGA IN THE ANNAPOLIS AREA

“UNTIL THE BATTLE IS WON, CEASELESSLY PRACTICE YOGA. KEEP FIGHTING UNTIL YOU ARE FEARLESS. TRUST YOUR OWN INNER SELF.”

- Swami Muktananda

[FIND A CLASS](#)

ASHTANGA IS A VINYASA-STYLE YOGA OF THE PATTABHI JOIS LINEAGE, OFTEN CALLED A MOVING MEDITATION. THE PRACTICE LINKS BREATH AND MOVEMENT, AND THEREFORE MIND AND BODY.

WITH CONSISTENT PRACTICE,
STUDENTS DEVELOP PROFICIENCY,
INCREASED PHYSICAL STRENGTH
AND MENTAL AND EMOTIONAL
CLARITY.

PRIVATE & SEMI-PRIVATE CLASSES

Private sessions are tailored to your experience and comfort level and help you navigate the Primary Series at your own pace.

Email info@thenaptownyogi.com to schedule a one-on-one private session, or a semi-private session (maximum of four students).

GROUP CLASSES

A group class is a great way to experience Ashtanga in a relaxed and judgment-free environment where all levels are welcome and students can go at their own pace.

All students receive appropriate adjustments and guidance regardless of their skill level.

Group classes are currently available at Ruah in Annapolis or Mountain Yoga in Pasadena. [Click here to register.](#)

SCHEDULE & LOCATIONS

ASHTANGA YOGA IS A DYNAMIC UNION
OF BREATH LINKED WITH MOVEMENT
THAT GIVES PRACTITIONERS OF ALL
LEVELS A PHYSICAL AND SPIRITUAL
TRANSFORMATION UNLIKE ANY OTHER
YOGA PRACTICE.

LEARN MORE

TESTIMONIALS



"I took Kara's intro to Ashtanga and loved it! Kara broke the series down in a way that made sense, giving me options and modifications to improve the poses that are challenging for me. She made it really fun at the same time. We laughed a lot, but also learned a great deal."

~ Becky

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