



Roc/it Lifestyle & Yoga is a place where transformation and growth occurs, where your wellness dreams are manifested into reality. Yoga has touched our hearts and lives and has become whom we are and what we want to contribute to humanity as an integral part of our dharmic responsibilities. We want you to elevate not only your wellness, but also your life.

We want you to THRIVE. Our instructors are all highly qualified, certified and devoted, but that's not what sets them apart. Our instructors genuinely care and see oneness in all. We care about you, your well-being, your yoga journey. We will inspire and challenge you, both mind and body, to reach higher and dig deeper.

Roc/it
LIFESTYLE

**Virtual & Private
Yoga Classes**
(202) 304-7166
www.rocitlifestyle.net



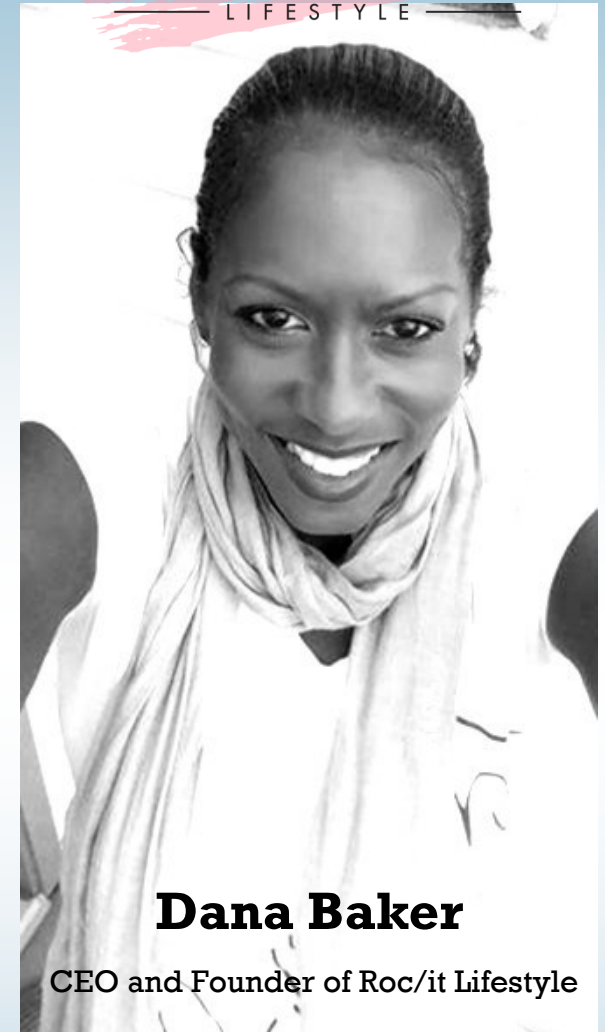
ROC/IT
LIFESTYLE
Yoga Classes

Dozens of scientific feedback of different interpretation have been published on Yoga and it's benefits.

- Improved Health
- Better Sleep
- Balance in Your Mind, Body & Soul
- Weight Loss
- Lowered Blood Pressure
- Increased Flexibility



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Dana Baker

CEO and Founder of Roc/it Lifestyle

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Dana Baker, CEO and Founder of Roc/it Yoga. I have worked in corporate America for over 20 years and incorporated yoga into my daily regimen. I can attribute much of my business successes due to my stepping out on faith and walking in my true passion and purpose by helping others balance energy sources through Yoga and Meditation. "I love the art in teaching pranayama (breath work) as I guide students through a Hatha or Vinyasa Flow.



My strength comes from help others see how pranayama bridges the mind, body and soul and serves as a vehicle to a journey of self-realization, a state of joy and happiness."

Yoga & Weight

Yoga doesn't make you lose weight in a conventional way, but it does make you have a healthy and flexible body and if that means your body has to lose a few pounds then Yoga will surely help. We will cover you.

There are people who have gained pounds of muscle with Yoga without losing weight just because they had nothing to lose, but they are fit and have a healthy body. While we often have to adjust to what mother nature gives us when it comes to weight, we have many ways to change it, such as a healthy diet, exercise, regular living, a schedule, a restoring sleep, and little stress.

Disciplines



The origin of the ancient science of 'Yoga.' Following the teachings of Patanjali's 8 limbs of yoga, Hatha yoga is the essence of yoga. A magic journey to understand and love your body, while soothing the mind. Focused on breath and body awareness, Hatha yoga enhances physical and mental well-being.

Those who can control the breath and the mind can achieve anything in life. This is said about Pranayama (Control of the breath) and Dhyana (Meditation) in the ancient Vedic texts. It's only through the breath that the practice of yoga can happen. Take each breath with awareness and your body will be empowered and your mind ready to meditate and absorb the benefits.

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Virtual Yoga Classes

Classes All Levels:

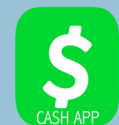
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Private Classes

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Virtual & Private

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