



ananda shala  
Yoga & Pilates

## FIND BLISS AT ANANDA SHALA YOGA AND PILATES

"Come as You Are; Start Where You Are," is the philosophy of Anada Shala, a full spectrum mind-body center in downtown Frederick. The expert staff is on hand to guide clients to the most appropriate class with individual needs in mind.

Now R&W members can receive special pricing of \$10 per session, a \$6 regular class savings. Just show your R&W membership card to receive the special pricing.

Anada Shala is located in the heart of downtown Frederick at 34 South Market Street, and is within walking distance of many shops and restaurants. Stop by today and take advantage of the savings.

At Anada Shala, the philosophy is to "Come as You Are, Start Where You Are." Let the expert staff of this full spectrum mind-body center guide you to the most appropriate class suited for you as an individual.

"Ananda" is a Sanskrit term that means blissfulness, supreme joy, and complete happiness. "Shala" means a special place of learning and gathering. Together, Ananda Shala is a place of bliss. For more information including services offered and directions, visit their Web site at: <http://www.anandashala.com/index.php>.

---

To become a member of the NIH R&W Frederick Club, complete the membership form ([http://ncifrederick.cancer.gov/Staff/Media/Documents/2012RW\\_Membership.pdf](http://ncifrederick.cancer.gov/Staff/Media/Documents/2012RW_Membership.pdf)) and send the form along with a \$7 check made payable to the NIH F&W to Susan Culler in Building 549.