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**Renowned LA Yoga Instructor Returns Home to Southern Maryland, Launches Innovative Yoga Starter Course**

SOUTHERN MARYLAND, June 29, 2023- James Matthew Brown, a celebrated yoga instructor who has spent decades teaching notable figures such as Sting and Trudie Styler, Gillian Anderson, Rachel Weisz, Ralph Fiennes, and all of The Red Hot Chili Peppers, is bringing his wealth of experience and a heartfelt desire to share the profound practice of yoga to his beloved community in Southern Maryland.

After years of privately guiding the practices of household names around the world, Brown's journey has led him back home, where he finds great joy and fulfillment in sharing his knowledge with the people who matter the most - his hometown family. An alumnus of Calvert High School Class of '83, this homecoming marks a significant milestone as he brings his expertise to the place that shaped him, emphasizing that yoga is for everyone.

Now, Brown is on a mission to empower locals through the innovative Yoga Starter Course: 28 Days to a Self-Guided Practice. This groundbreaking online program is designed for everyday people who might not feel comfortable in a yoga class. It goes beyond traditional yoga courses, offering a comprehensive philosophy and methodology that enables participants to cultivate mindfulness, balance, and self-discovery.

Cathy V., a local participant, shares her experience, stating, "Throughout the whole course, James explains with great detail the positioning of the body and reasoning behind each pose."

- The Yoga Starter Course is a flexible and accessible online program, allowing participants to start at any time and progress at their own pace.
- It is designed to be highly digestible, delivered in short, manageable lessons each day.
- Participants can customize the course to fit their schedule, whether practicing daily or choosing specific days.

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Loren G., another recent participant, shares, "I feel total freedom to give myself permission to do a lot or a little," highlighting the program's adaptability to individual needs.

The objective of the Yoga Starter Course is to ignite a transformative habit - a personalized journey of self-guided yoga practice that is uniquely tailored to each participant. This approach helps individuals unlock their full potential and embrace their own yoga path.

Students in the Yoga Starter Course have the opportunity to attend two three-hour in-person events on August 5 and 26, 2023, at the St. Leonard Community Center in Long Beach, Maryland. These exclusive workshops offer a deeper exploration of the poses, meditations, and breathing practices taught in the online course. Participants can choose to attend the event live, join the live online session with interactive chat support, or access the recorded content on demand indefinitely.

In addition, students can receive up to three one-on-one coaching sessions with James Matthew Brown himself, fostering a personal connection and providing ongoing support throughout the program. This personalized approach sets the Yoga Starter Course apart, allowing participants to tailor their practice to their specific needs and goals.

- Pricing options start at \$50, with discounted rates until July 15 for early bird registration.
- The course is designed to be accessible to all members of the Southern Maryland community, with a scholarship program available for those in need.

Hear what other participants have to say about the course:

- "This yoga course is amazing. James' attention to detail has been really comforting because he has the accuracy down to really guide you through the body's every detail," shares Cristina M.
- "I am very new to this. I appreciate the emphasis on making this my practice, just for me," adds Loren G.

To enroll or learn more about The Yoga Starter Course, visit [this link](#). For media inquiries or interview requests, please contact Anita Stevens at [anita@myyogapractice.com](mailto:anita@myyogapractice.com) or 410-279-5366.