



# YOGA

THE ART OF MOVEMENT

## SATURDAY CLINICS

**7:45-8:45 a.m.**

### MORNING YOGA

Slow flow stretches, introduction to poses, breathing, mediation, gazing points, balance, alignment and salutation flow with or without prop use restorative

**9:00-10:00 a.m.**

### YOGA FUNDAMENTAL HATHA / VINYASA

Beginner/intermediate yoga fitness program with Hatha/Vinyasa focusing on alignment, breathing, holding poses, flow, core work, and stretching

**10:30-11:30 a.m.**

### DANCE YOGA ORGANIC MOVEMENTS

Organic movements and slow graceful flow to release stress and rejuvenate body and mind

Certified instructor by the Yoga Alliance and The American Council of Exercise. You are welcome to bring blanket and pillows. Extra yoga mats and props are available.

### George English Tennis Center

1101 Bayview Dr.  
Fort Lauderdale, FL

### RESERVE YOUR SPACE!

6-Week Sessions

\$60 Residents, \$12 drop-in fee

\$90 Non-Residents, \$18 drop-in fee

For more information, contact 954-828-4620.

