

# Yoga Classes

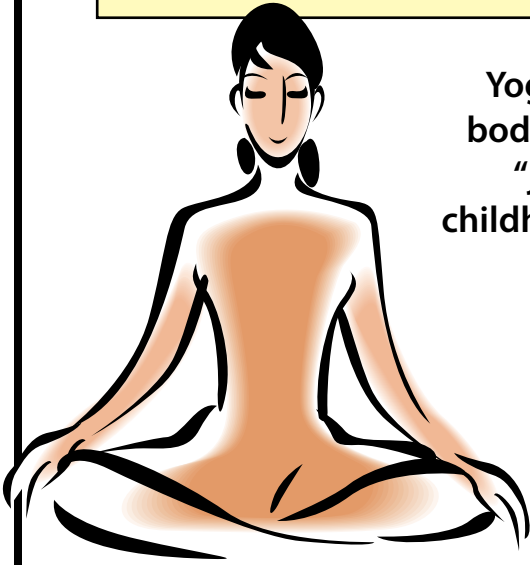
At the Coral Springs Aquatic Complex

## CLASS SCHEDULE

Adult Class • Monday & Wednesday 7:30 to 8:45 p.m.

\$10 per class • \$60/month

*Classes meet in the Coral Springs Aquatic Complex Wood Room.*



Yoga is a centuries-old practice designed to bring the mind, body and spirit into harmony. The word "Yoga" literally means "joining." Yoga can be practiced at any stage of life, from childhood to old age. One is never too old or too young to begin.

Some of the many benefits of yoga include:

- Relaxation and Stress Reduction
- Improved Flexibility of Joints, Muscles and Spine
- Increased Energy, Strength and Healing
- Relaxation & Stress Reduction



**Adult Yoga:** Through a combination of breathing and asanas (postures) you will be able to completely relax, clearing all racing thoughts from the mind and removing all tension from the body. During your session, you will focus only on the moment while the problems and concerns of the day vanish. Please dress in casual, loose fitting clothes. Bring your water bottle, yoga mat and towel.

**For more information, call 954-345-2121  
or contact the instructor at 954-257-0072**

The Coral Springs Aquatic Complex is located in the Sportsplex, which is just east of the Sawgrass Expressway between Sample Road and Royal Palm Boulevard, at 12441 Royal Palm Boulevard.

