

YOGA

June 3rd -27th

No yoga June 10th-13th

Register online or by calling 660-826-4930 by May 31st!

Funk-tional Yoga Mondays and Thursdays 9:00-10:00am

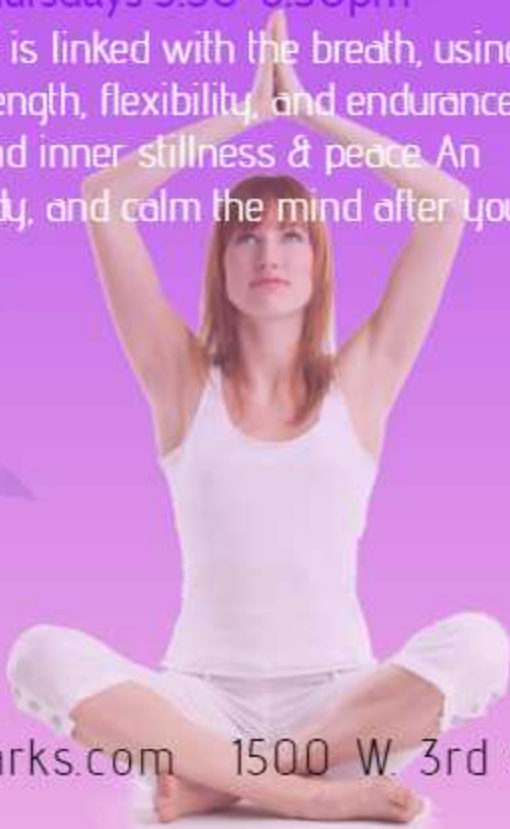
A yoga class taught with a gentle, mindful practice for the body, mind, and spirit. This nurturing, less strenuous style includes slow stretches to increase flexibility and range of motion. All postures are taught at a relaxed pace, linking breath and movement.

Evening Yoga Tuesdays and Thursdays 5:30-6:30pm

A vinyasa based class in which movement is linked with the breath, using a variety of postures to cultivate balance, strength, flexibility, and endurance, while also learning to quiet the mind to find inner stillness & peace. An optimal way to destress, reconnect the body, and calm the mind after your hectic work day!

Half session (1x
a week): \$24

Full session (2x a
week): \$48



660-826-4930

www.sedaliaparks.com 1500 W. 3rd St.

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