



SEDALIA  
PARKS &  
RECREATION

## Yoga Practice for the Mind, Body & Soul March Schedule

**Register by:  
March 1**

**Funk-tional  
Yoga: March 4-28**

**Evening Yoga:  
March 5-28**



**Prices:**

**Full session  
(2x a week):  
\$64**

**Half session  
(1x a week):  
\$32**

Elevate your  
state of mind

Strengthen your body

Root yourself to  
the Earth

### **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 5:30-6:30am

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!

1500 W. 3rd St [www.sedaliaparks.com](http://www.sedaliaparks.com) (660)826-4830