

YOGA

September 2nd-26th

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!

Register by:
August 30th



\$32

Half session (1x a week)

\$64

Full session (2x a week)



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