



SEDALIA  
PARKS &  
RECREATION

# YOGA

December 3, 10, 17

Register by November 30th



## **\$24** Funk-tional Yoga **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.

## **\$24** Evening Yoga **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!

1500 W 3rd St. [www.sedaliaparks.com](http://www.sedaliaparks.com) (660)826-4930