



SEDALIA
PARKS &
RECREATION

YOGA

Classes

Oct 29, Nov 5, 12, 19

Register by October 26th

FUNK-TIONAL YOGA- \$32

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- \$32

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 - (660)826-4930