

Gentle Yoga

*"Wherever you are, it is always at the beginning.
That's why life is so beautiful, so young, so fresh."
Osho*

The Gentle Yoga class is a combination of gentle body movements breathing and relaxation techniques that create physical and mental well-being. The tempo of this class is slow and soothing to invite an experience of strength and rejuvenation to each student. Everyone is invited to join us as this class is for people of all shapes and sizes. It is wonderful for students who want to increase their mobility and balance, especially after an injury or surgery. This is the perfect class for students with pre-existing health conditions and those who are 65 years or older.

Class includes yoga postures to:

- Improve balance
- Improve mental focus
- Increase flexibility and range of motion
- Increase blood circulation
- Lower blood pressure
- Increase physical tone and strength

Class Schedule:

10:45 - 12:00 p.m.

Monday and Wednesday

Location:

Sundance Yoga Studio
128 S. Friendswood Dr.
Friendswood, TX 77546

Instructor:

Donna Lavelle, RYT
Anusara-Inspired Yoga Instructor

Cost:

Eight classes - \$65.00
Cash, Check or Credit Card

For more information, please call Sundance Yoga at 281-482-9642