

Yoga

Embrace Life. Develop Body & Mind.
Immerse yourself into the movement & spirit of Yoga!



Gulfport Recreation Center
5730 Shore Blvd. S. 727-893-1068

\$35/month or \$10/class \$35/month or \$10/class \$35/month or \$10/class

Wednesdays 9-10 am Wed. 6:30-7:30 pm Thursdays 6:30-7:30 pm

Instructor:Valerie Prosser, RYT Instructor:Tamara Harte, RYT Instructor:Valerie Prosser,RYT

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727-557-4258

727-512-2763

727-557-4258

**Awaken, rejuvenate & invigorate the body. *Relieve stress & tension.*

**Strengthen & tone *Lose weight & feel great *Greater flexibility & range of motion*

**Improve coordination, balance, concentration & endurance *Become centered*

Bring a yoga mat & water. Wear comfortable clothing.

Yoga meets you where you are at today...anyone can do it!