Gentle Yoga

Gentle Yoga is suitable for any level...anyone can do it!

Wednesdays 10:30-11:30 am $10 per class

Gulfport Recreation Center

5730 Shore Blvd. S. 727-893-1068

***Decrease stored fat & manage or lose weight *Ease anxiety & depression**

***Improve muscle tone, strength & stamina *Achieve greater flexibility & range of motion**

***Improve circulation & digestion *Reduce tension, stress & blood pressure**

***Build balance & improve posture *Experience back pain relief**

***Enhances concentration & mind/body awareness**

***Achieve an overall sense of well-being, calm & groundedness**

Embrace Life. Develop Body & Mind.

Immerse yourself into the movement & spirit of Yoga!

Instructor: Valerie Prosser, E-RYT 200, RCYT, BSW & Reiki Master

www.getfitwithvalerie.com (727) 557-4258