

# YOGA

New Yoga Classes starting Feb 7, 2023 at Field of Dreams Park  
3053 Fell Rd, West Melbourne

Hatha Yoga – Tuesday @ 9:30 – 10:30 am

Chair Yoga – Tuesday @ 10:45 – 11:30 am



## Hatha Yoga

We practice postures (asanas) to align, strengthen, and promote flexibility of the body and mind, linking meditation, postures and the breath. We emphasize simplicity, repetition and ease of movement, tailored to your individual needs and goals. We make a full circuit of the body's range of motion to renew your vital energy, prevent joint rigidity and immobility and nourish the body at the cellular level. This class is designed for mixed level participants with emphasis on finding the balance between challenge and relaxation.

## Chair Yoga

Enjoy the benefits of a gentle class where poses are accessible to everyone with the support of a chair. Postures focus on linking the breath to the movement allowing flexibility of the body and mind, toning the muscles and improving your posture and circulation. Chair class is perfect for anyone who wants to experience yoga in a relaxed, comfortable position, especially those who experience difficulty standing, getting up and down, have limited mobility, severe aches and pains, or challenges with balance.

\$7 per class with purchase of a 4 class punch card or \$8 drop in rate

West Melbourne Recreation Department  
321.837.7779