

yoga & pilates



with **sacha**



DROP IN YOGA

EUDORA COMMUNITY CENTER

\$10 PER CLASS | \$80/10 CLASS PUNCH CARD

YOGA & PILATES

A combination of yoga postures focusing on flexibility, balance, and relaxation with Pilates mat work to target the core muscles of your stomach and back, lengthening the arms and legs, increasing flexibility, coordination, and posture. Benefits include strong, flexible, and healthy bodies, increased concentration, focus and attention, better self-esteem, confidence and stress relief. Please bring your own mat.

- Sundays 6:00-7:00PM

CHAIR YOGA

Gentle form of yoga modified for people with varying abilities. Poses can be done standing, sitting on a chair or using the chair for support. Benefits include reduced joint strain, improved flexibility, increased strength, reduced stress, improved mood, and increased concentration. Please bring your own mat.

- Wednesdays 12:00-1:00PM

EUDORAPARKSANDREC.ORG | 785-542-3434