

For
Adults

April 2018

Adult Yoga Series

April 7
April 14
April 21
April 28
1-2 pm



Infuse some peace and mindfulness into your weekends!

- This series welcomes beginners and will provide modifications for all levels.
- Focus on building strength through guided breathing movements in a beautiful, natural setting.
- Taught by an instructor with 400 hours of Yoga Teacher Training with Youga Yoga.
- Please bring a yoga mat (or beach towel), water bottle, and comfortable clothing.
- \$10 for each class (Check or exact cash only – no credit cards).

For more information contact Lauren Piorkowski at (361) 826-3311 or LaurenP@cctexas.com.

Meet at the Oso Bay Wetlands Preserve & Learning Center located at **2446 N. Oso Parkway, Corpus Christi, TX 78414**



Oso Bay
Wetlands
Preserve
& LEARNING CENTER
CORPUS CHRISTI • TEXAS



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The City of Corpus Christi promotes participation regardless of race, color, national origin, sex, age, religion, disability or political belief. Reasonable accommodations are provided upon request and in accordance with the Americans with Disabilities Act. For assistance or to request a reasonable accommodation, please call (361) 826-3460 at least 48 hours in advance. Upon request, this information can be available in large print or digital file.