

For
Adults

May 2018

Adult Yoga Series

May 5
May 12
May 19
May 26
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.
- Register for all 4 classes online at register.ccparkandrec.com or bring \$10 for each class (Check or exact cash only – no credit cards).
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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
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PARKS &
RECREATION

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.

osopreserve.com