

For
Adults

November 2018 Yoga Series



November 3
November 10
November 17
9:30-10:30am

Infuse some peace and mindfulness into your weekends!

- The class welcomes beginners and will provide modifications for all levels.
- This class will focus on:
 - Mindful movements of restoration and rejuvenation.
 - Beginner flow and posture breakdown.
 - Giving your body what it needs, not straining or performing.
 - Intentional self-care practice.
 - Making space for any and all to reclaim body appreciation and awareness.
- Class led by Shelby Hanstad, a yoga instructor certified in 4 class specialties.
- 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).
Register for all 3 classes online at <http://register.ccparkandrec.com/>.

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



OsoBayWetlandsPreserveAndLearningCenter



**CORPUS
CHRISTI
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