

THERAPEUTIC

AT THE CMAA THERAPEUTIC
RECREATION COMPLEX

YOGA

REGISTER HERE

WHEN:

SESSION 1

Tuesday 9:30am - 10:30am

**JANUARY 18 -
FEBRUARY 22**

SESSION 2

Tuesday 9:30am - 10:30am

MARCH 8 - APRIL 12

THIS BODY MOVEMENT CLASS IS DESIGNED FOR ALL ABILITIES TO HELP INCREASE ENERGY THROUGH BREATH AWARENESS WHILE ALSO HELPING IMPROVE BALANCE, MUSCLE STRENGTH, MENTAL ACUITY AND REDUCING STRESS.

*Instructor will use a chair and hand weights (optional).

*She will also perform standing/ balancing poses using a chair or the wall (if you choose to stand).

*This class does not require the use of a mat.

YOGA SESSION FEE: \$50

CLASSES RUN IN 6-WEEK SESSIONS

*To register or for more information,
please call Leynise Rios at
561-966-7088 or
email LRios@pbcgov.org*



Palm Beach County Board of County Commissioners

Robert S. Weinroth, Mayor, Gregg K. Weiss, Vice Mayor, Maria G. Marino
Dave Kerner, Maria Sachs, Melissa McKinlay, Mack Bernard

Verdenia C. Baker, County Administrator



IN ACCORDANCE WITH ADA PROVISIONS, THIS FLYER MAY BE REQUESTED IN AN ALTERNATE FORMAT.
PLEASE CALL (561) 966-7088 FOR MORE INFORMATION.