

NEW **Yoga** programs starting in March at the East Pensacola Heights Clubhouse!

Session 2: March 21 – April 29

Session 3: May 2 – June 10

\$72 Resident/\$82 Non-Resident (per 6 week session)

Location: 3208 E. Gonzales Street

Foundations Yoga - Mondays 9:00 - 10:15am

The Foundations yoga practice is rooted in the ancient wisdom of yoga uniting mind, body, and Spirit cultivating an authentic connection with your true nature. Students explore the foundations of asana, mantra, meditation, yogic philosophy, and intelligent sequencing to assist the practitioner in gaining access to a fuller expression of the yoga poses with a focus on alignment, using props and mindful modifications.



Yin Yoga - Mondays 6:00 - 7:30pm

Yin yoga is a slow, mindful and meditative yoga practice focusing on your deep connective tissues, such as your fascia, ligaments, joints, and bones. Enjoy the opportunity to breathe and turn inward and tune into the physical, mental, and emotional sensations occurring within your body.



Galactic Child Yoga - Tuesdays 4:00 - 5:00pm

Our mission is to inspire children to fulfill their highest potential. Galactic Child Yoga classes focus on body awareness, breath, emotional intelligence, essential connections, and acts of service. Yoga can help children develop strong, healthy bodies, increase focus and concentration, cultivate self-esteem, and develop creative expression. Please have your child dress in comfortable clothing and bring a yoga mat.

Dynamic Vinyasa with Meditation - Thursdays 5:30 - 7:00pm

The first 60 minutes of this class will feature a challenging flow of strength and balance-building postures emphasizing physical fitness, mental focus and mindful breathing. The final 30 minutes are dedicated to restorative practices including yin yoga postures, pranayama (breathing techniques) guided relaxation and seated meditation. Beginning yogis who are of moderate physical fitness are welcome to attend

Kundalini Yoga, Sound Bath & Meditation - Fridays 9:00 - 10:15am

Kundalini Yoga, known as the "Yoga of Awareness," combining conscious breathing, guided movement, meditation and mantra into powerful and transformative yoga sets balancing the nervous and glandular systems while supporting you physically, mentally, emotionally, and spiritually. Every class closes with the etheric sounds of the gong, drum or crystal singing bowls. This class is suitable for all levels of practice.

Register online at www.cityofpensacola.com.

Questions? Contact Gull Point Resource Center at 850-494-7360.

