



Yoga at Alder Terrace Adult Care Center presented by The Yoga Sanctuary



Date: Wednesdays: May 1st – 29th
Time: 9:00 – 10:00am
Location: 26563 Sandhill Blvd., Punta Gorda
Cost: Alder Terrace Residents: no cost
Walk-in non-residents: \$10

This class will be an all levels accessible yoga class. We will be using a chair for all practice. No prior Yoga experience needed.

Sign up now! Limited to 15 participants.

For more information:
Alder Terrace Adult Care Center
Michael Hay
(941) 916 – 1440
mike@alderterrace.org

www.theyogasanctuary.biz

benefits of yoga

- improve body posture
- reduce stress
- develop strength
- increase flexibility
- enhance focus
- improve sleep patterns



This series provides a supportive environment in which beginning students can learn the foundations of a yoga practice. It emphasizes strength, flexibility, and balance.



The Yoga Sanctuary