

Yoga Classes at Vivante Fitness Center



Starting October 5th, Debra Brooks will be teaching Yoga class at 8am, Tuesdays and Thursdays.

Slow Flow - Is a Vinyasa-style class invokes mindfulness through a slowly flowing practice built on dynamic movement and breath. Emphasis is placed on embodying both stillness and motion to cultivate strength, engagement, and awareness. This class is suited for all levels of practitioner and offers students space to explore presence and peace.

The class prices will be \$13 each, 5 for \$55 or 10 for \$100.

Valid at Vivante Fitness Center only.

Attendees should bring a mat, a towel, water, and 1-2yoga blocks.

If you have any questions about the yoga class please contact Debra at,

palmpoweryoga@gmail.com

Thank you for reading, we are excited about our new classes with Debra !

Barb Jennings, Your spa director 941-979-6409

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