



GENTLE YOGA FLOW

Gentle Flow Yoga is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility.

WHEN: FRIDAY MAY 3RD 10AM

LOCATION: CLUBHOUSE DINING ROOM

COST: \$15 + TAX PER PERSON PER SESSION
(LIMITED TO 20 RESIDENTS PER SESSION)

RESERVATIONS REQUIRED VIA EMAIL:
ADMINSUPPORT@THEHIDEAWAYGOLF.COM
OR
CALL 239-275-6232 EXT 113

EVENT CANCELLATION POLICY APPLIES TO
THIS EVENT.

**RSVP
TODAY**

HOSTED BY: FITNESS & WELLNESS PROVIDER
B POWERFUL NOW, LLC.
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