

For  
Adults

# March 2019 Yoga Series

March 2  
March 9  
March 23  
March 30

9–10am



## Infuse some peace and mindfulness into your weekends!

- The class welcomes beginners and will provide modifications for all levels.
- Class will meet inside in classroom, weather dependent.
- The hour-long class will focus on:
  - Mindful movements of restoration and rejuvenation.
  - Beginner flow and posture breakdown.
  - Giving your body what it needs, not straining or performing.
  - Intentional self-care practice.
  - Making space for any and all to reclaim body appreciation and awareness.
- Class is led by Shelby Hanstad, a yoga instructor certified in 4 class specialties.
- Please bring a yoga mat (or beach towel), water bottle, and comfortable clothing.
- **\$10 for each class (Check or exact cash only – no credit cards).**

For more information, contact Lauren Piorkowski at (361) 826-3311 or [LaurenP@cctexas.com](mailto:LaurenP@cctexas.com).

Meet at the Oso Bay Wetlands Preserve & Learning Center located at  
**2446 N. Oso Parkway, Corpus Christi, TX 78414**



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& LEARNING CENTER  
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[osopreserve.com](http://osopreserve.com)

The City of Corpus Christi promotes participation regardless of race, color, national origin, sex, age, religion, disability or political belief. Reasonable accommodations are provided upon request and in accordance with the Americans with Disabilities Act. For assistance or to request a reasonable accommodation, please call (361) 826-3460 at least 48 hours in advance. Upon request, this information can be available in large print or digital file.