

Yoga for Stress Relief

FIRST CLASS IS FREE!



Yoga can help **reduce stress** because it promotes relaxation, which is the natural opposite of *stress*. Join us at Ft. Benjamin Recreation Center for Stress Relief Yoga with certified instructor Christine!

Adults and Seniors are sure to love the Monday Yoga Class that features **gentle** movement and will have seated options for participants with mobility issues.

Tuesday and Saturday classes are ideal for anyone wanting to try yoga and are interested in its benefits. This stress relieving sequence will help you **build strength, increase flexibility and find focus.**

LOCATION
Fort Benjamin Park
Recreation Center
100 McQueen Ave
Newport, NC

WHEN
Monday:
Gentle Yoga
9:00-10:00AM

Tuesday:
Stress Reduction Yoga
5:30-6:30PM

Saturday:
Morning Yoga
9:00-10:00AM

WHO
Adults with all
Abilities
(chairs offered for
seated yoga)

PRICE
\$5 per class or \$20 for
5 classes