

LOCATION

Carteret County
Parks &
Recreation
1702 Live Oak
Street
Beaufort, NC
(Beaufort
Square)

WHEN

Tuesdays
beginning
October 17th:
5:30 PM

WHO

We welcome all
yoga seekers

Drop-ins
welcome!

PRICE

\$5 per class



Gentle Yoga



All ages and ability levels welcome!

Join Jennifer Melton for an all levels, all- inclusive Gentle Yoga class. This slow paced practice is appropriate for all levels of practitioners wanting a slower-pace and softer approach to yoga. Gentle yoga is a slow and relaxing practice that focuses on making it easier to get into postures. Each class will begin with a mind, body, and breath focused meditation, followed by a variety of standing and seated postures as well as different modifications of every pose to allow you to explore what works for your body.

**For more
information, contact
instructor:**

Jennifer Melton
Registered Yoga Teacher
jennmeltonyoga@gmail.com
(540) 294-3213