



**NEW HAVEN**  
Brookfield Ontario Ranch Master Association

# WEEKLY YOGA

## Elevated Senses Yoga Flow

Tuesday | 6:00PM-7:00PM | \$15

In today's overstimulated world, this class helps you reconnect with your senses, slow down, and embrace the mind-body-breath connection for overall balance. Open to all levels and bodies.

## Yoga Wellness

Tuesday | 7:30PM-8:30PM | \$15

Explore yoga sequences and poses aimed at preventing and managing illness. This class is for all levels and bodies, because wellness is for everyone.

## Slow Flow Sunday

Sunday | 9:00AM-10:00AM | \$15

A class for all bodies and levels, designed to promote mental clarity, reduce stress, and prepare for the week ahead.

## Creative Yoga for Littles & Parents

Sunday | 10:30AM-11:30AM | \$15

A fun, playful class that emphasizes balance and connection, designed for both children and parents to enjoy together.

ENJOY 10% OFF A 5-WEEK SESSION!  
CLASS PACKAGES AVAILABLE

CONNECT WITH US



customerservice@playmyhoa.com

[www.playmyhoa.com/locations/brookfieldontarioranch](http://www.playmyhoa.com/locations/brookfieldontarioranch)

561-849-4636