



EVERGREEN™



Flower Power

MAY 10TH

9:00 – 10:00 AM – VINYASA YOGA

VINYASA CLASS LINKING BREATH WITH MOVEMENT IN A FLOWING SEQUENCE. THIS CLASS FOCUSES ON GENTLE TRANSITIONS, BREATHING, AND FOUNDATIONAL POSTURES, MAKING IT ACCESSIBLE FOR BEGINNERS.

10:00 – 11:00 AM – YIN YOGA

YIN YOGA IS A SLOW MEDITATIVE STYLE OF YOGA THAT FOCUSES ON HOLDING PASSIVE POSES FOR AN EXTENDED TIME, APPROXIMATELY 5 MINUTES EACH. IT TARGETS THE DEEPER CONNECTIVE TISSUES, SUCH AS LIGAMENTS AND FASCIA, AND ENCOURAGES RELAXATION, MINDFULNESS, AND FLEXIBILITY.

SCAN ME!



CONNECT WITH US



customerservice@playmyhoa.com

www.playmyhoa.com/evergreen

561-849-4636