



Yoga by the Bay

at Thalatta Estate Park-17301 Old Cutler Rd.
with Maria Luisa Tovia - Yoga Teacher



Participants are required to sign a one-time waiver form.
Bring your own yoga mat & water bottle.

Gentle Yoga will explore a variety of breathing, energizing, restorative, meditation and relaxation practices.

Ages 13+ and ALL levels welcome.

9:30-11:00AM Thalatta Estate Park

October classes are FREE.

Starting November-6 classes for \$30 (per Punch Pass)

One day pass: \$10

**** Punch pass may be used for Gentle, Vinyasa & Chair Yoga**

Oct 18 & 25-FREE	Jan 10 & 24	Apr 3 & 10	Jul 10 & 24
Nov 8 & 15	Feb 7 & 21	May 15 & 22	Aug 7 & 21
Dec 6 & 20	Mar 13 & 20	Jun 5 & 12	Sept 4 & 18

**** Schedule is subject to change**

Register online at www.palmettobay-fl.gov

Your punch pass may be picked up during your first class at
Thalatta Estate Park-17301 Old Cutler Rd.

Punch passes are non-refundable & expire Sept. 30, 2016

A Lost pass will need to be replaced with purchase of a new punch pass.

**** Punch passes must be presented upon signing in for the class.**

More Info at www.palmettobay-fl.gov * 305-259-1234