



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.

9:30AM-11:00AM Thalatta Estate Park

17301 Old Cutler Road

FREE

May 15 & 22

Aug 7 & 21

June 5 & 26

Sept 4 & 18

July 10 & 24

**** Schedule is subject to change**

RSVP & Sign Waiver online at

www.palmettobay-fl.gov

More Information