FREE Vinyasa Yoga Class

Every Friday in May • 9:00am – 10:15am

Ludovici Park -17641 Old Cutler Rd, behind the Palmetto Bay Library

Start the Summer with Yoga! Class takes place indoors.

May 6 / May 13 / May 20 / May 27

Yoga combines physical exercise with meditation to help you reduce stress while increasing flexibility, balance and strength. Doesn't matter what shape you are in, you can come and try out this relaxing class! *Please bring your own Yoga mat and bottle of water.

Space is limited and registration is encouraged.
Call 786-467-5680 or email CommunityExercise@BaptistHealth.net.

For a complete listing of programs, visit BaptistHealth.net/Wellness.

Miami Cancer Institute
BAPTIST HEALTH SOUTH FLORIDA