



FOR IMMEDIATE RELEASE

DATE: March 14, 2019

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Coordinator

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Mindful Yoga & Meditation Workshops at the Monterey Sports Center!

DAY/TIME: Saturday, April 6th 1-3pm, Practices for Expansion & Flourishing
Saturday, June 8th 1-3pm, Igniting the Passion Within
Saturday, August 10th 1-3pm, Tools for Grounding & Exploring Balance
Saturday, October 12th 1-3pm, Gratitude for the Bounty of the Present
Saturday, December 14th 1-3pm, Turning Inward to Nourish & De-Stress

INSTRUCTORS: Gina Puccinelli and Katie Dutcher

FEES: \$35 per session/\$45 day of workshop

LOCATION: Studio 1 at the Monterey Sports Center,
301 East Franklin Street (831) 646-3730

In these workshops, flow between stillness and movement with yoga and guided meditation. Yoga practices will incorporate choices and modifications to be suitable for your personal needs. Chairs and props will be provided. Meditation will be presented and guided in a way that is appropriate for beginners as well as experienced practitioners. For further information, contact the Monterey Sports Center at (831) 646-3730 or visit our website at www.monterey.org/sportscenter

Sponsored by:
Monterey Sports Center
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