



FOR IMMEDIATE RELEASE

DATE: July 9, 2019

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Mindful Yoga & Meditation Workshop at the Monterey Sports Center!

DAY/TIME: Saturday, August 10th, 1-3pm,
Tools for Grounding & Exploring Balance

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 this workshop, flow between stillness and movement with yoga and guided meditation. The yoga practice 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.

NEWS RELEASE

Sponsored by:
Monterey Sports Center – Parks and Recreation Department
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Website: <https://www.monterey.org/sportscenter>

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