



FOR IMMEDIATE RELEASE

DATE: September 16, 2019

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Mindful Yoga & Meditation Workshop at the Monterey Sports Center!

DAY/TIME: Saturday, October 12th, 1-3pm
Gratitude for the Bounty of the Present

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 Lauri Ataide, Group Exercise Coordinator at (831) 646-3739 or visit our website at www.monterey.org/sportscenter

Sponsored by:
Monterey Sports Center – Parks and Recreation Department
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