



FOR IMMEDIATE RELEASE

DATE: October 26, 2020

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**Mindful Yoga & Meditation Online Workshop
Hosted by the Monterey Sports Center!**

DAY/TIME: Saturday, November 21, 1:00-3:00pm
Gratitude for the Bounty of the Present

INSTRUCTORS: Gina Puccinelli and Katie Dutcher

FEE: \$35.00. Your Zoom meeting ID and Password will be emailed to you 24 hours before the workshop

In this online workshop, flow between stillness and movement with yoga and guided meditation. You will learn a variety of practices to cultivate well-being, and receive support integrating these practices into your life according to what serves you in each moment. Register from our website at www.monterey.org/sportscenter. Search by activity number, 61089-A. For further information contact Lauri Ataide, Group Exercise Coordinator at ataide@monterey.org.

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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