

YOGA: RENEWING MIND, BODY, AND SPIRIT

YOGA CLASS SCHEDULE:

TUES/THURS: YMCA Sebring – 10:30-11:50 a.m, 6:15 TO 7:30 PM – YOGA FOR ALL LEVELS

WEDNESDAYS: YMCA, 5:30-6:30 PM - BEGINNING YOGA

WEDNESDAYS/THURS: GOLD'S gym 7:45 TO 8:45 a.m. ALL LEVELS

FRIDAYS: GOLD'S gym 5:30-6:30 PM ALL LEVELS

Yoga is a “practice” to improve circulation, reduce stress, stimulate weight loss through various “asanas” (poses) that re-align the body with emphasis on correct form to achieve this goal.



Nancy Dale, Ph.D. and Certified Yoga Instructor

As an Iyengar yoga practitioner for more than 20 years, Dr. Dale introduces the postures, body integration, and breathing techniques that contribute to health and wellness through this traditional yoga practice.

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Read every Monday “YOGA FOR LIFE” COLUMN...IN HEALTH SECTION OF HIGHLANDS NEWS SUN