

Women's Resource Center

OF SARASOTA COUNTY



Body
Mind
Spirit

Yoga

Gentle yoga focusing on stretching, breathing, and relaxation. Appropriate for beginners, women and men welcome. Please bring mat.

Weekdays
9:00–10:30am

Chair Yoga

Appropriate for beginners, all sizes, shapes, and physical levels. Chair Yoga helps develop strength, flexibility, clarity and relaxation. Women and men welcome. Please bring mat. Presenter: Anne Silverman

Mondays
11:00–noon

Please call 366–1700 for Reservation
For more Information

Women's Resource Center
366 S.Tuttle Ave.
Sarasota, FL, 34237