

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 –10:30 am
Thursdays 5:15 pm–6:45pm
except on holidays and special events.

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