

Yogga

Come join us on Thursday Nights for an hour and a half of pure relaxation and meditation! This class is open to people of all ages and experience levels.

Instructor Jean Case will teach you the principles of the ancient practice of yoga by walking you through the basic positions and breathing techniques. This class is guaranteed to relieve stress, stretch, and strengthen the body!

**Where: Town Hall Auditorium
901 Ponce de Leon Blvd.**

When: Thursday Evenings

Time: 7:30 -9:00 PM

Cost: \$4.00 per person

*For more information please call
the Belleair Rec Dept.
at 727-588-3769 ext 210.*

