

# Poolside Hatha Yoga

Bring your evening to a close with the relaxation of Poolside Yoga!!

Poolside Hatha Yoga is a multi-level (beginner to advanced) yoga class taught on the pool deck at the Water's Edge Aquatic Center, utilizing a building series of yoga poses and postures combined with breathing techniques, followed by deep relaxation to strengthen the mind, body and spirit.

This class is designed to bring the body into its optimal alignment, by working through poses and postures that use both the active and passive energies of the body and mind.

Please wear comfortable, breathable clothing. Abstaining from eating one hour prior to class is advised. Bring a water bottle. Limited mats are available for use, participants are encouraged to bring their own.

Come join us for an engaging, energizing, relaxing good time!!!

## Poolside Hatha Yoga

**Tuesdays, January 16, 2018 to February 20, 2018**

**9:00p to 10:00p**

**Winter 1 Session**

**Activity # 311101-01**

**Residents: \$35.00    Non-Residents: \$45.00**

**5% Amusement Tax included in above pricing**

\*This is NOT a school sponsored activity.



The Water's Edge Aquatic Center, 545 John Street, Bensenville, IL 60106 (630) 766-8888 [www.bensenville.il.us](http://www.bensenville.il.us)