

# Poolside Power Yoga

Experience the peaceful power of Poolside Power Yoga!!

Poolside Power Yoga is a fitness based, flow style yoga class. Focus will be on linking conscious breathing with a vigorous—yet mindful flow through yoga poses or postures.

This class is a challenging, yet accessible class that will build upon basic yoga poses, and also offer new poses and challenging variations of those poses as the classes progress, allowing each participant to work at their maximum potential. The class will end with time of deep relaxation, restoration and meditation.

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 energizing, challenging, powerful good time!!!

## Poolside Power Yoga

**Thursdays, October 12th to November 16th, 2017**

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

**Fall Session**

**Activity # 211101-02**

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

5% Amusement Tax included in above pricing



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