

Yoga by the Bay

at Thalatta Estate Park-17301 Old Cutler Rd.
with Maria Luisa Tovia - Yoga Teacher



Participants are required to sign a one-time waiver form.
Bring your own yoga mat & water bottle.

Gentle Yoga will explore a variety of
breathing, energizing, restorative, meditation
and relaxation practices.



Ages 15+ and ALL levels welcome.

9:30-11:00AM Thalatta Estate Park
17301 Old Cutler Road

Oct 7 & 21

Jan 6 & 13

Apr 7 & 14

Jul 14 & 28

Nov 11 & 18

Feb 3 & 24

May 12 & 19

Aug 4 & 18

Dec 2 & 9

Mar 3 & 24

Jun 2 & 23

Sept 8 & 15

**** Schedule is subject to change**

RSVP & Sign Waiver online at

www.palmettobay-fl.gov

More Information

305-259-1234