SERENITY STRETCH FOR HOPE & COURAGE Class at Naples Community Hospital

Add an Event
Register with us in one easy step!

Classes Nov. 11th, Nov.18th (off the Wed. before Thanksgiving) Dec. 2nd, Dec. 9th, Dec. 16th Stay tuned for another possible series of classes in January.

Nov. 18 2009
SERENITY STRETCH FOR HOPE & COURAGE

The Garden of Hope & Courage, located on the downtown campus of the NCH Healthcare System, offers an open invite to the public to participate in a renewing hour of Stretching, Gentle Yoga, and gradual Core Strengthening. Instructor, Janice Behling appeals to all fitness levels with a calming presence and reassuring encouragement. No prior experience with Yoga is necessary. Increase vitality without awkwardness or competition. Space is limited for this 5- week opportunity to release tension and gain flexibility. Come, NURTURE YOURSELF WITH NATURE_S TROPICAL BEAUTY.

$ 40.00 for 5 sessions (no need to attend all 5 sessions, but no pro-rating for missed classes) Since it is priced so attractively, you may want to reserve space by emailing Janice at SerenityStretch@hotmail.com _ or simply arrive at the Garden_s outdoor _Tommy Bahama Pavillion_ prior to class to quickly register. Wednesday evenings at 6:00 p.m. starting Nov. 11th. Some mats provided. Please arrive early to warm up, to delight in the tranquil landscape, and to avoid disrupting the class goal of, QUIET INSPIRATION WITHIN THE GARDEN.

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Parking in the west lot _ main entry to hospital.
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