

# Aqua Yoga

*Movement in the Water*



Tone your body. Relax your mind.

Every Monday, Wednesday & Friday  
7:45-8:30am in the Therapy Pool

Combine the benefits of stretch, relaxation and deep breathing with buoyancy and water resistance. No prior yoga experience or swimming knowledge needed. Increase your range of motion and relaxation using the benefits of warm water. Aqua yoga is great exercise for people with joint issues, injuries and arthritis.