

# Yoga & Meditation for All Levels

Two welcoming all-level yoga practices and  
Two decompression time blocks  
For overall wellness



Friday Evening Meditation w/Deneal  
5-7 pm (come and go)  
The Fireplace Room  
- Quietly enter and leave as needed.  
- No experience required.

Saturday Evening Meditation w/Deneal  
7-9 pm (come and go)  
The Fireplace Room  
- Quietly enter and leave as needed.  
- No experience required.

Saturday Morning Yoga w/Kelly  
7-8 am  
The Vista Terrance  
- Come as you are!  
- All levels. Bring mat or use a chair.

Sunday Morning Yoga For All w/Deneal  
7-8 am  
The Vista Terrance  
- Chair and mat yoga.  
- Welcome to join for unwind and no practice.