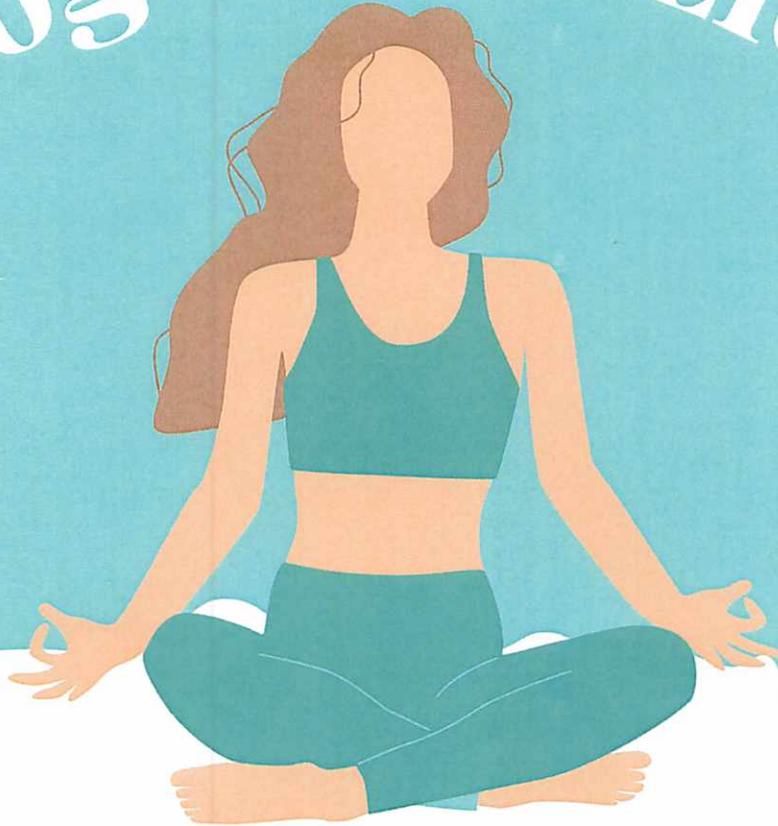


Find your Zen with
Yoga by Lezlee



In yoga, the focus is on being present with the breath, incorporating balance, flexibility, and strength to integrate a whole body experience. Depending on what's right for your body, the goal is to arrive safely and comfortably in the practice, building confidence on the mat. We address the needs of both the individual and the group.

- * Gentle yoga on Tuesdays
from 11 - noon
- * Adv. Beg. | Level 1 yoga
on Thursday from 6 - 7 pm



Sebastian Community Center
1805 N Central Ave Sebastian

Call/Text (240) 707-1590 Email yogabylezlee@gmail.com
www.yogabylezlee.weebly.com

