

Health  
Body  
Soul

**\$10.00**  
20 minute Class

Yoga Stretches will be geared towards golfers, improving game, range of motion, flexibility, balance and loosening tight muscles and joints.

# YOGA CLASS

Instructor *Lauren Adelson*

special pricing requests: [yoga@arizonagolfresort.com](mailto:yoga@arizonagolfresort.com)



**Attire: Comfortable, stretchy fabric (class will be conducted barefoot)**



**Improve range of motion, flexibility, and loosen tight muscles.**

Additional Yoga sessions types available:

- Intermediate/Advanced classes are available upon request
- Private and Semi Sessions available upon request
- Athletic team and family yoga available for your daily itinerary upon request.
- Group and Individual yoga sessions available upon request.

Reserve your spot today: (480) 832-1661

Arizona Golf Resort & Conference Center  
425 S. Power Road, Mesa Arizona 85206

CASH PAYMENT IS DUE TO INSTRUCTOR AT THE TIME OF CLASS