

A Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

YOGA

with instructor Varsha Pangarkar

Yoga for Adults

Thursday 9-10:30 a.m.

\$20/MONTH - Resident

\$25/MONTH - Non-resident

Yoga for Families

Wednesday 5:30-6:45 p.m.

\$20/MONTH* - Resident

\$25/MONTH* - Non-resident

*per person

3232 Austin Parkway

Clyde and Nancy Jacks Conference Center



CALL 281-275-2885 FOR ADDITIONAL INFORMATION.