

# Sunday Morning Yoga



## ..... *New to Port Ludlow* .....

This yoga class focuses on postures and gentle awareness with modifications, combined with breath and alignment. Occasional outdoor sessions in the summer. All Levels Welcome. Some mats and props available.



**OPEN TO THE PUBLIC**

**Sundays 8am ~ 9am**

**\$12 Drop In or \$100/10 Class Pass**

**Location: Port Ludlow Inn Resort & Marina**

**360.437.7000**  **[www.portludlowresort.com](http://www.portludlowresort.com)**