



THE MEADOWS
COUNTRY CLUB

YOGA

New Monday Night YOGA FOR EVERYBODY

Beginning Nov 4th at 5 PM, your first class is complimentary through December, \$15 thereafter. Space is limited.

Online registration is required through The Meadows Country Club website or the mobile app (a RAP account or club membership is required to register). TMCC club members pay via their club account, while Renaissance participants pay the instructor directly in cash.

Ashaya Yoga is an alignment-based therapeutic yoga style that can help you improve your posture, increase your strength and flexibility, and open your heart to embrace your life. Combining movement with a positive, life-affirming philosophy facilitates a transformation of body, mind, and heart.

Ashaya Yoga is accessible to students of all ages and abilities. There are variations and options to challenge yourself if you wish, or keep it simple and gentle.
All are welcome!

Cheryl Chaffee has been teaching yoga in Sarasota (and around the world) since 2005. She is one of Ashaya Yoga's most senior teachers. She was the owner of Garden of the Heart Yoga Center and the founder of BodyMindHeartYoga.com

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