

Interested in Yoga?

Come and enjoy yoga classes this winter!!

Alma Corla is providing Yoga classes at the clubhouse this winter. Classes meet on Thursdays, from 6 to 7 PM, starting November 9. You will learn how to stretch, relax, and unwind from your day to day activities.

Class cost is \$8/class or 6 classes for \$45.

If you would like to try yoga and experience its benefits, you are welcome to one complementary class.

Alma has been practicing Iyengar yoga for the last 6 years at Eastern Sun Yoga Studio (first yoga studio in Memphis since 1987), and is mentored by the two most experienced certified yoga teachers in Memphis for her Iyengar certification. She has taught yoga classes at the FedEx Wellness Center in Collierville.

Alma has the gift of inspiring students to relax and enjoy yoga, regardless of their physical abilities. Also, she views yoga as therapy to combat “disease” and includes health benefits in her teachings.

Alma is also a proud mother of twin boys and also works at FedEx full time. She and her husband Nik have lived in the neighborhood for the last 4 years.

Please call Alma at 833-5132 to confirm your attendance. Space is limited.