Lee Health’s Mind & Body Program introduces the foundation and benefits of yoga, mindful living, stress relief and mental clarity. Whether you are new to yoga or a seasoned student, everyone is welcome to join our community and begin their journey to peace and wellbeing.

**Lee Health Employees receive a 50% discount for Mind & Body passes—one discount valid per purchase.**

**Mind & Body Studio**

**Monday**

2:00pm
Basic Tai Chi
Suzanne, 50min

3:30pm
Beginner’s Kundalini Yoga
Gloria, 60min

5:15-6pm
Express Yoga, All Levels
Lizz, 45min

**Wednesday**

8:30am
Mat Pilates
Dianna, 60min

10:00am
Chair Yoga
Gloria, 60min

3:30pm
Vinyasa Yoga Flow
Sarah, 60min

5:30-6pm
Crystal Bowl Meditation
Lizz, 45min

*Changes may occur month-to-month as we find the best times for all.*

Healthy Life Center
Lee Health Coconut Point
23450 Via Coconut Point
Estero, FL 34135

239-468-0050

Please call to register for classes.

M&B Retreat coming in November!
**Mind & Body Experiences**

*Enhance your mind & body at the premier destination for your journey to peace and well-being.*

**Basic Tai Chi** Tai Chi is an easy to learn, low-impact exercise with slow, fluid movements to put minimal stress on bones and joints. Practice has been shown to help prevent falls & improve balance. *Suitable for all levels, great for balance.*

**Beginner’s Kundalini Yoga; Chair Yoga** Kundalini Yoga is known as the yoga of awareness, with an inward focus resulting in deep relaxation. Utilizing movement, mantra, and breath, this practice is suitable for all and is easily adapted for chair accessibility. *Suitable for all levels, easier on the knees.*

**Vinyasa Yoga Flow** Emphasis will be on moving with the breath and cultivating mindfulness. Clear instruction and alignment cues with modifications will be offered. You will leave feeling invigorated, calm, and focused. *Suitable for all levels, lunging & balancing included.*

**Express Yoga, All Levels** We invite you to join our community for an all levels yoga practice. This class includes postures with alignment direction to develop body awareness, mobility, flexibility and strength. Using mindful breathing throughout the practice learn to focus your mind and re-energize. Leave feeling more at peace and happy! *Suitable for all levels.*

**Crystal Bowl Meditation** Experience the soothing sound vibration of Quartz Crystal singing bowls. Participants will lie down while sound frequencies flow throughout the body, bringing a state of harmonic resonance and promoting deep relaxation and healing on all levels.

**Mat Pilates** This class provides students with knowledge and techniques to apply the Five Basic Principles of Pilates while flowing through a safe and fluid repertoire of upper and lower extremity lengthening exercises with core stability. The mat class will start with essential exercises while flowing into intermediate exercises to participants’ comfort level. Modifications will be demonstrated depending on participants’ level of function and abilities.

Please call for more information and to register. (239) 468-0050

**Healthy Life Center Hours**

Monday—Friday
9am-5pm

Saturday & Sunday
Closed, except for special events