Mind & Body Studio

**Monday**

1:00pm *$5-$3.50 drop-in
Mindful Meditation
Gloria, 30min

2:00pm
Basic Tai Chi
Suzanne, 50min

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

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

**Wednesday**

1:00pm
Guided Meditation
Renee, 45min

3:30pm
Vinyasa Yoga Flow
Sarah, 60min

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.

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**Healthy Life Center**

Lee Health Coconut Point
23450 Via Coconut Point
Estero, FL 34135
239-468-0050

**Healthy Life Center Hours**

Monday—Friday
9am-5pm
Saturday & Sunday
Closed, except for special events

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**Class Prices**

<table>
<thead>
<tr>
<th>Pass Type</th>
<th>Single Class</th>
<th>6 Class Pass</th>
<th>12 Class Pass</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Class</td>
<td>$10.00</td>
<td>$55.00</td>
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<tr>
<td>6 Class Pass</td>
<td>$7.00</td>
<td>$38.50</td>
<td>$69.30</td>
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</tbody>
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*Lee Health Employees receive a 50% discount for Mind & Body passes.

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

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30% OFF all M&B class passes June—August!
Mind & Body Experiences

Enhance you mind and 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 Flow In this all levels class, breath and alignment create the foundation for a sequenced vinyasa practice with sun salutations, balance postures, core strengthening, and stamina. Suitable for all levels, lunging & balancing included.

Mindful/Guided Meditation These are all-levels meditation classes, designed to give participants everyday tools for finding peace in the moment. Practices can include mindfulness-based meditation, long deep breathing, and body scan techniques, and more! Suitable for all levels.

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