

PLATINUM DANCE ACADEMY

*Looking for ways to unburden some of
the stress in your life?*

Then come join us at
Platinum Dance Academy for
Candlelight Yoga with Sean Vigue
(www.mr-fitness.org).

Practice gentle yoga in the soft glow
of candlelight to relax the body and
soothe the soul.



Beginners Welcome!

You'll unwind and drain your tension away with this soothing, restorative
yoga program designed for all fitness levels and body types.

Melt anxiety into tranquility with yoga postures specifically chosen to
release tension, increase strength, improve balance, and enhance
flexibility. You'll leave feeling recharged and ready for a restful night and
busy week to come. All you need is a mat and a bottle of water.

Monday evenings 8:00pm-9:00pm

Space is limited, and registration is on a first come – first served
basis. Be sure to register early to ensure your space in class!

Drop-in rate is \$10.00/class or \$80.00/10 classes.

Call today for registration information!

Platinum Dance Academy

321-939-1793

www.danceatplatinum.com

**The Water Tower Place
29 Blake Blvd. #106
Celebration, FL 34747**

