



# evening yoga

*Renaissance Senior Center  
at South Econ Community Park*

**Tuesdays & Thursdays**  
**at 6:45pm - 7:45pm**



*Volunteer instructor Michael Deaver will instruct basic yoga. Participants will learn basic stretches, breathing and meditation techniques. Yoga mats will be provided for those without a mat. Yoga is practiced and supported worldwide for being an efficient and low-impact exercise.*

**Taught by certified instructor Michael Deaver**

**For more information,  
Please call: (407) 254-9070**

**3800 South Econlockhatchee Trail  
Orlando, FL 32829**

**[www.OrangeCountyParks.net](http://www.OrangeCountyParks.net)  
[www.OrlandoMagicOCFLGyms.net](http://www.OrlandoMagicOCFLGyms.net)**



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