

# Yoga



Renaissance Senior Center  
at South Econ Community Park

3800 South Econlockhatchee Trail, Orlando, FL 32829

Mondays  
2 – 3 p.m.



Wednesdays  
11:15 a.m. – 12:15 p.m.

Join us for yoga every Monday at 2 p.m. and Wednesday at 11:15 a.m. We will teach stretching, breathing and meditation techniques. Yoga mats will be provided for those without a personal yoga mat.

407-245-9070 • [OrangeCountyParks.net](http://OrangeCountyParks.net)



We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability. ANY SPECIAL NEEDS PLEASE CALL 407-836-6200.