

# Yoga by the River at Hays Nature Preserve

## Saturdays in October

### 9 to 10 a.m.

Enjoy a relaxing, yet energizing morning of Yoga taught by Whitney Lolley beside the gentle flowing waters of the Flint River in Hays Nature Preserve.



*Sessions are Free*

*Benefits are Priceless*

**According to the National Institutes on Health, Yoga's researched benefits are:**

Improve mood and sense of well-being

Counteract stress

Reduce heart rate and blood pressure

Increase lung capacity

Improve muscle relaxation and body composition

Help with conditions such as anxiety, depression and insomnia

Improve overall physical fitness, strength and flexibility

**Bring your Yoga mat or a towel and dress comfortably.**

Whitnye Lolley ([www.masteryourbalance.com](http://www.masteryourbalance.com))

Whitnye Lolley is a nationally-certified fitness professional specializing in helping people maintain balance through fitness. As owner of Master Your Balance, she guides participants through gentle stretching, strengthening and body awareness exercises designed to enhance overall balance. She holds a Masters Degree in Gerontology, the study of aging, and has been teaching Yoga and Tai Chi in the Huntsville area during the last 6 years.

**For more information, call Operation Green Team at 256-532-5326**