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Day 63: 99 Days of Art in St. Petersburg

St. Petersburg Arts Alliance

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July 26, Sunday

Day 63 | 99 Days of Art in St Pete – Chill out with Cool Art this Summer!
Join Inspire Yoga every Sunday at The Dali – a remarkable environment where Dali’s energy infuses the physical, mental and spiritual inspiration of yoga. Classes are held in the Raymond James Community Room or Avant-Garden, both with incredible views of the waterfront.

Classes are vinyasa/ashtanga-based incorporating pranayama (breath work), asana (posture work), meditation and relaxation. Beginners and experienced yogis are welcome. Practice as gentle or advanced as desired. Please arrive early on a light stomach, bring a mat and towel, and come ready to be inspired. Don’t have a mat? We have several on hand to lend.

Cost: $10 members and students, $15 non-members. Visit the galleries on the same day for only an additional $10. Tickets must be purchased together. Please register at the Member’s Desk and bring your receipt to class. Class doors open at 11:30 am. Please allow 30 minutes for parking and admission.

See more at: http://thedali.org/event/yoga-dali/2015-07-26/#sthash.5pcBHA4J.dpuf

For more information and to post your cool arts & cultural events, visit https://stpeteartsalliance.org/localevents/.