

# WHAT'S NEW AT NATAVI

YOGA, MEDITATION, AND AQUA MEDITARI® WITH SOUND BATH

**2023 CITY VIEW WINNER OF BEST LOCAL SWIM SCHOOL!!**

Natavi offers more than just swimming lessons. We also have exercise classes for adults. These include Water Walking/lap swimming times, Water Aerobics, Yoga, Pilates, Meditation and more. This month we are highlighting our Yoga, Meditation, and Aqua Meditari® classes. The current schedule is as follows:

Monday 7pm Vinyasa Yoga

Monday 8pm Meditation or Aqua Meditari® (every Monday is a different style of meditation)

Tuesday 2:15pm Gentle Yoga

Wednesday 7pm Yin Yoga

Saturday 7am Restorative Yoga

Sunday 7pm Meditation

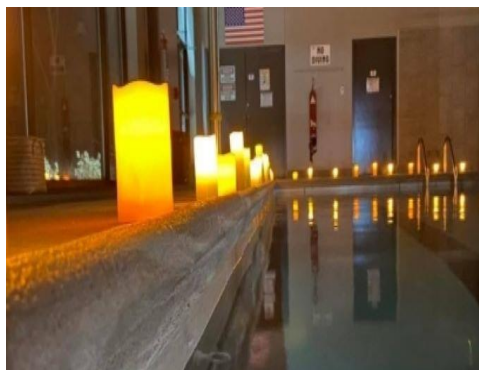
**Pre-registration is required.** You can do this by downloading the app from the App store or call us to register. Our app is iPhone and Android compatible. Let's start this year off right with self-healing and taking care of ourselves!

Check out our website for more information at [www.nataviswim.com](http://www.nataviswim.com)

## Aqua Meditari® with Sound Bath

Aqua Meditari® is an in water guided meditation lead by a skilled instructor. This warm water therapy meditation class is great to help you relax and unwind.

This month's class will include a sound bath performed by Melodie Polansky.



## LOOKING FOR INSTRUCTORS

*Are you looking to teach an exercise class or swimming lessons?*

**WE WANT YOU!!**

*Send us your resume at [nataviswim@gmail.com](mailto:nataviswim@gmail.com)*

*We are always looking to add more classes to our schedule!*

## NEW SCHEDULE ADDITION

Starting in March we will be open on Sundays for a variety of classes. Watch Facebook for updates!

We will soon be offering CPR/First Aid classes to the public. More information to come.