

In partnership with Mather Golf Course

Pilates Heartcore™ presents



# YOGA

on the Green

As the weather warms up, we are pleased to announce a new outdoor yoga class offering from Pilates Heartcore™ located at Mather Golf Course!

*Please join us for an all level, all ages, everyone welcome, hour long yoga class!*

If you have never tried yoga or have been doing it for years, you will benefit from the experience of outdoor yoga. Pilates Heartcore's master instructor, Sue Spencer, has been teaching and sharing the benefits of yoga for over 15 years. These classes are inspired by the joy of being outdoors, a love of yoga and a dream to make yoga accessible to all by removing barriers such as high prices, intimidating settings and mandatory memberships. We will be incorporating Hatha and Vinyasa elements. If you are new to yoga or a long time enthusiast, we welcome you.

## Schedule

**Sunset Restorative**  
Wednesdays at 6pm  
May 4, 11, 18 and 25th

**Morning Energizer**  
Saturdays at 8am  
May 7, 14, 21, and 28th

## Location

Mather Golf Course  
**Gazebo- Garden area**  
4103 Zinfandel Drive  
Mather, Ca. 95655

Hang with your neighbors after class for breakfast, a sandwich or coffee at the Navigator Café located next to the Pro Shop!

## Things to Know

Please bring your own mat, towel, water and a sweatshirt or light jacket in case it cools down.

If bringing a younger person with you, please take into consideration the calming mind/ body connection we are working to achieve as well as the maturity of the people attending.

**\$14 per session or 4/pack for \$40**

Preregistration required at [getheartcore.com](http://getheartcore.com)

Questions? Please call 916-597-0717 or email [info@getheartcore.com](mailto:info@getheartcore.com)