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Six Mile Cypress Slough Preserve hosts Spring classes

Fort Myers, FL, Dec. 28, 2022 – Six Mile Cypress Slough Preserve offers Tiny Tots Yoga and Guided Meditation classes for the spring season of 2023. Classes are held at the Six Mile Cypress Slough Preserve Interpretive Center, 7751 Penzance Blvd., Fort Myers.

- Tiny Tots Yoga-Guardians and toddlers (ages up to 5) can enjoy meditation, movement and songs in an active, family-friendly yoga class. This class uses music, yoga play props and stories to help children establish a connection with their caretakers while benefiting from active movement. Certified yoga instructor Mariela Gómez has been teaching parents and children yoga since 2013. Classes will be held from 10 to 11 a.m. Wednesdays from Jan. 4 to May 31. Additional classes will be offered in the fall and winter. Participants must bring their own gear, including yoga mat, blanket, or towel, water bottle, etc. All instructor provided props will be disinfected thoroughly both before and following the class.
- Guided Meditation-Direct your attention and intentions inward during guided meditation and qigong in the stillness of the Slough. Each week will focus on a different technique – reducing stress, promoting focus, mindfulness, visualization and kindness. Classes begin with simple stretches and qigong movements to shake off any stale energy before beginning meditation. Classes will be held from 9 to 10 a.m. Thursdays from Jan. 5 to April 27. Wear comfortable clothing and bring water, a yoga mat and a blanket or pillow to sit upon. This class is for adults 18 and older.

The cost for a full session, four classes is \$40 or \$10 for a single class. A paid parking fee of \$1 per hour per vehicle is required. Pre-registration is available at www.leeparks.org, however walk-ins are also welcome if there are open spaces.

For more information, visit www.leeparks.org/sixmilecypress or call 239-533-7555.

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