

Yoga with Jody

SUNSET YOGA



A 4-WEEK JOURNEY
OF MOVEMENT, NATURE & YOU



Oso Bay Wetlands Preserve
& Learning Center
2246 N. Oso Parkway
Corpus Christi, Texas

WEDNESDAYS
6:00 – 7:00 P.M.

Vinyasa Yoga

60-MINUTE ALL-LEVELS
OUTDOOR FLOW

\$10 SIGN-UP FEE



SEPTEMBER



A JOURNEY THROUGH THE MONTH, ONE SUNSET AT A TIME.

WEEK 1



New Beginnings

Plant the seed for a
powerful month ahead.
Set intentions and
move forward with
clarity and purpose.



FOCUS:
Intention & Growth

WEEK 2



Flow Forward

Let go of what no
longer serves you
and move with the
rhythm of your breath.



FOCUS:
Release & Flow

WEEK 3



Strength Within

Build inner strength,
stability, and confidence
as you rise with the
setting sun.



FOCUS:
Strength & Stability

WEEK 4



Gratitude & Glow

Close the month
with an open heart,
gratitude, and
a radiant spirit.



FOCUS:
Gratitude & Joy



*All levels welcome.
Bring your mat,
water, and a friend!*

Let's flow together.



CITY OF CORPUS CHRISTI
OSO BAY WETLANDS
PRESERVE & LEARNING CENTER



MOVE. BREATHE.
UNWIND.
SEE YOU AT
SUNSET.

COME FOR THE FLOW. STAY FOR THE SUNSET.

See you on the mat!