

Arthur Neeves, Instructor joins us having been a life-long Yogi and training in earnest for the last 10 years. He is a certified YOGA teacher having completed a RYT200-hr program in the Kripalu tradition. Arthur's background training includes Ashtanga, Vinyasa, Hatha, Hot, and Chair YOGA and he continues his practice on a regular basis. He moved to Florida in 2019 and resides on Anastasia Island.

You can join Arthur at the Riverview Club in St. Augustine Shores on Monday, Wednesday, and Friday's. This class is open to members and non-members.

He is offering a Vinyasa YOGA Class starting at 9 am each day and a Chair YOGA class starting at 10:30 am. Each class runs approximately 75 minutes and includes a 5-minute Shavasana at the end of each class.

The cost is \$10.00 per class. There is a 20% discount available to those that plan on attending for the month payable at the start of each month (this equates to 2-3 free classes per month).

If you are interested in joining a class, contact Arthur directly to reserve your spot at (703) 785-7777 or by email at arthurneeves@hangar68.com