

Serenity Now Yoga Grand Opening of a new studio location in Longwood

The latest news Serenity Now Yoga Studio set to open this winter over 1,000 square feet of pure yoga studio space:

Dacia Milesco currently has added her Hatha Yoga teaching style in the beautiful mix and array of wonderful yoga teachers at Red Sun Yoga.

- Hatha Slow Flow intermediate level every monday 9:30-10:45 am at Red Sun Yoga Studio
- Hatha Flow Challenging every monday 11-12:15 at Red Sun Yoga Studio
- Gentle/Prenatal Yoga class every saturday 8:15-9:15 am at Red Sun Yoga Studio

- Hatha Yoga Level 1 class every saturday 9:30-10:45 at Red Sun Yoga Studio Beginners welcome!

Plans for future Serenity Now Yoga Studio a brand new location in longwood opening this winter.

This studio address is 1385 West State Road 434 suite 103B Longwood FL 32750

Be sure to watch for updated info on grand opening celebrations October 31st 2009.

Serenity Now Yoga "awaken your energy levels, and settle your nerves in the tranquility of yoga breathing, linking this breath with tension-releasing joy of artful movement" Quote from Dacia

" All through life: Asana practice is not reserved for those who are at the peak of physical condition. The renowned yoga guru Krishnamacharya said that as long as you can breath and move your fingers, you're fit for practice. Notice how even though your body and mind alter as you move through life, yoga allows you to feel comfortable in your skin" Quote from a recommended book 1,001 Pearls of Yoga Wisdom by Liz Lark

Any questions please call Dacia directly at (407) 739-7183