

# 108



# SUN SALUTATIONS

Friday, Aug. 28 | 3:30-5:15 p.m. | Support Site Fitness Center



Welcome a new season with intention, movement and mindfulness through the practice of 108 Sun Salutations.

This special yoga event offers an opportunity to reflect on the past, embrace new beginnings and set intentions for the season ahead.

Whether you are welcoming a change in your schedule, a fresh chapter or simply seeking renewal, this moving meditation combines breath and flow to cultivate resilience, gratitude and a sense of purpose as we transition together into the next season.

After the session, stay for a relaxed social and enjoy drinks (available for purchase.)

No registration required.



For more information, email [NaplesMWR\\_Fitness@us.navy.mil](mailto:NaplesMWR_Fitness@us.navy.mil)  
or call 081-811-6604 | DSN 629-6604.

