

FREE!



yoga in the park



SEPTEMBER National Yoga Month

Connect with nature all month long and celebrate the health benefits of yoga with certified instructors.

All skill levels welcome; bring a mat, towel, and water bottle.

McDaniel Farm Park*	Wednesdays	9/7 – 9/28	6:00pm – 7:00pm
Ronald Reagan Park	Thursdays	9/8 – 9/29	6:30pm – 7:30pm
Little Mulberry Park	Saturdays	9/3 – 9/24	7:30am – 8:30am
Alexander Park	Sundays	9/4 – 9/25	6:00pm – 7:00pm
Vines Park	Sundays	9/4 – 9/25	9:00am – 10:00am

**Class will be in English and Spanish.*

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