

**Free!**

# Yoga in the Park

**September is National Yoga Month!**

Connect with nature and celebrate the health benefits of yoga with certified instructors from across Gwinnett County!

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

## **Freeman's Mill Park**

1401 Alcovy Road, Lawrenceville

**Saturdays • 7:00am - 8:00am**

September 8, 15, 22 & 29

## **Little Mulberry Park**

3800 Hog Mountain Road, Dacula

**Saturdays • 7:30am - 8:30am**

September 8, 15, 22 & 29

## **Isaac Adair House**

55 South Perry Road, Lawrenceville

**Saturday • 10:30am - 11:30am**

September 22 • Preservation Lawn

## **Vines Park**

3500 Oak Grove Road, Loganville

**Sundays • 7:00am - 8:00am**

September 9, 16, 23 & 30



[www.livehealthygwinnett.com](http://www.livehealthygwinnett.com)

770.822.3197



**Gwinnett**  
Parks & Recreation



**Performance**  
POWER YOGA

