

# Free!

# Yoga in the Park



## September is National Yoga Month!

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

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

[LiveHealthyGwinnett.com](http://LiveHealthyGwinnett.com) | 770.822.3197

In partnership with



**Sundays • 7:00am – 8:00am**  
Vines Park, Loganville

**Tuesdays • 6:30pm – 7:30pm**  
Duncan Creek Park, Dacula  
E.E. Robinson Park, Sugar Hill  
*(9/15 & 9/22 ONLY)*

**Wednesdays • 6:30pm – 7:30pm**  
George Pierce Park, Suwanee

**Thursdays • 6:30pm – 7:30pm**  
Club Drive Park, Lawrenceville

**Saturdays**  
**7:00am – 8:00am**  
Lenora Park Community  
Garden, Snellville

**7:30am – 8:30am**  
Little Mulberry Park, Dacula

**9:00am – 10:00am**  
Isaac Adair House, Lawrenceville  
*(9/12 ONLY)*

