

FREE!

yoga in the garden



Stretch it out at our Community Gardens!
Connect with nature and enjoy the health benefits of yoga and meditation with certified instructors.
All skill levels welcome; bring a mat, towel, and water bottle.

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| E.E. Robinson Park | Mondays | 9/6 – 9/27 | 6:00pm – 7:00pm |
| J.B. Williams Park | Tuesdays | 9/7 – 9/28 | 5:30pm – 6:30pm |
| Vines Park | Wednesdays | 9/1 – 9/29 | 6:00pm – 7:00pm |
| Dacula Park | Wednesdays | 9/1 – 9/29 | 6:30pm – 7:30pm |
| Graves Park | Thursdays | 9/2 – 9/30 | 6:30pm – 7:30pm |
| Lenora Park | Saturdays | 9/4 – 9/25 | 7:00am – 8:00am |

770.822.3197 | LiveHealthyGwinnett.com

