



# Outdoor YOGA!

**\*\*\*Next Class: Tuesday June 11<sup>th</sup> @ Breakheart!  
SPRING INTO SUMMER!**

Join the Friends of Breakheart Reservation, with Cristina, yoga instructor of several local studios ...outdoors by our Visitors Center in a guided class of Slow Flow yoga. In case of Rain we will meet inside our Visitors Center. Let the beauty of the park and nature enhance your practice!

All levels welcome. Bring a mat...water...Blocks if needed.

*Refreshment provided by Friends of Breakheart. A suggested \$10 donation to the Friends of Breakheart will help support future Friends events. ~ Namaste*

**Tuesday, June 11, 2019, 4:30 p.m. – 5:30 p.m.**  
**Visitors Center, Breakheart Reservation**

**Pre-registration is required for this event....space limited\*\*\*  
Please email your registration with name and contact to:**

**[friendsofbreakheart@gmail.com](mailto:friendsofbreakheart@gmail.com) Subject line: Outdoor Yoga /CR**

*This event is co-sponsored by: the Friends of Breakheart Reservation & DCR*

dcr  
Massachusetts



Department of Conservation and Recreation  
Commonwealth of Massachusetts