



Outdoor YOGA!

***Summer Sessions @ Breakheart!: Tuesday July 23rd
Tuesday August 6th
Tuesday August 20th**

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.

All levels welcome. Bring a Mat...Water...Blocks if needed.
Let the beauty of the park and nature enhance your practice!

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

**Tuesdays: July 23, August 6th and 20th 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 Subject line: Outdoor Yoga /CR

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