

equinox yoga – adults

Friday, September 22 | 4:30 – 5:30 PM

Francis William Bird Park, E. Walpole

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wonder
happens



Let the equinox's balance of day and night inspire you to bring balance into your life! This vinyasa yoga class, led by experienced yoga instructor Ashley Brayden (<https://lybyoga.com/>), is meant to bring participants the perfect balance of power and peace. Vinyasa yoga helps participants increase strength and flexibility as well as train the mind to be more content and relaxed throughout life's challenges on and off the mat. The ultimate goal is for participants to leave class feeling peaceful, powerful, and full of bliss! Beginners welcome! And balance isn't just for big people. If you have children (ages 5+), they can take the fall equinox yoga class for kids, conveniently held at the same time and place! Meet at the Music Court (stone stage across the field from the courts).

Please make sure to bring a water bottle, a beach towel or yoga mat, and dress in layers. Registration is not required, but is greatly appreciated. Please prepay by registering online or contact Maura (mogara@thetrustees.org; 508-668-6136) to register, ask questions, or check for cancellation in case of inclement weather. Price: Member \$9; Nonmember \$15



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