

# family yoga in the park

Saturday, July 15 & Saturday, August 19 | 1:00 – 2:00 PM

Francis William Bird Park, E. Walpole

where  
wonder  
happens



Enjoy yoga together as a family! Join children's yoga specialist Debbie Carty for a playful and mindful hour of yoga poses and games. Enhance your strength, flexibility, concentration, and sense of calmness, all while connecting with your loved ones. Please make sure to wear comfy clothes, bring a water bottle, and a mat or beach towel (or just flow on the grass). Appropriate for all ages. Children must be accompanied by an adult. Participants meet by the Music Court (stone stage).

Registration is not required, but is greatly appreciated. Please register online at [www.thetrustees.org/things-to-do](http://www.thetrustees.org/things-to-do) (select Francis William Bird Park) or contact Maura ([mogara@thetrustees.org](mailto:mogara@thetrustees.org); 508-668-6136).

Cost: Member Family \$15/class; Nonmember Family \$20/class



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