

# yoga in the park

Thursdays, July 13-August 24 | 6:00 – 7:00 PM

Fridays, July 14-August 25 | 12:00 – 1:00 PM

Francis William Bird Park, E. Walpole

where  
wonder  
happens



Go with the flow at these all-level vinyasa yoga classes taught by local experienced yoga instructors. Each class is meant to bring participants the perfect balance of power and peace. Vinyasa yoga helps participants increase strength and flexibility, as well 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! Please make sure to bring a water bottle, a beach towel or yoga mat, and dress in layers. Classes are led by Andrea Downey and Ashley Brayden. 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 \$9/class; Nonmember \$15/class



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