

Just Breathe . . . Yoga in the Park

River Styx Park from 5:30 to 6:30 p.m.

Tuesdays: June 6, 13, 20, and 27

July 11, 18, and 25

Carolyn Ludwig Mugrage Park from 9 to 10 a.m.

Wednesdays : June 7, 14, 21, and 28

July 5, 12, 19, and 26

Registration is required for all sessions. Sign up online at www.medinacountyparks.com.

INHALE . . . EXHALE . . . open your arms and welcome summer by practicing yoga in a beautiful park setting. Sessions focus on breathing, balance, strength, and flexibility and include basic sun salutations, hip and heart openers, and relaxation techniques. Modifications are offered. Prior experience is not necessary. Please bring a yoga mat and water to class and arrive ten minutes early to sign in and pay. The fee is \$10 per person per class, cash only. Class will be held in the shelter if necessary. The instructor is available to answer your personal questions at 330-858-0719 or cesker4@gmail.com. Ages 12 to adult.

