

Yoga in the Park at Terra Cotta

There will be a Yoga in the Park session this coming Sunday (July 26) at Terra Cotta Conservation Area.

It will run from 11 a.m. until noon.

Enjoy gentle Hatha Yoga surrounded by the sounds of nature and light melody. From beginner to advanced, this session will provide a great experience for all. Benefits include greater body awareness, flexibility and focus. Bring your own yoga mat, sunscreen and water.

This will be suitable for those 12 years of age and older.

Cancellation due to weather will be announced 24 hours in advance to registered participants.

For more information, call 1-800-367-0890.