

# FREE OUTDOOR YOGA

SATURDAYS IN JULY

@ TWO OF DORMONT'S BEAUTIFUL GREEN SPACES

PRESENTED BY DORMONT RECREATION BOARD

CLASS INSTRUCTION BY SOUTH HILLS POWER YOGA

## DATES & LOCATIONS:

7/1/23 - COMMUNITY GARDEN (1444 HILLSDALE AVE)

7/8/23 - COMMUNITY GARDEN (1444 HILLSDALE AVE)

7/15/23 - LAWN ADJACENT TO CASTLE PLAYGROUND

7/22/23 - LAWN ADJACENT TO CASTLE PLAYGROUND

7/29/23 - LAWN ADJACENT TO CASTLE PLAYGROUND

### CLASS DESCRIPTION:

THESE ONE-HOUR YOGA SESSIONS WILL MOVE AT A MODERATE PACE SO NEW STUDENTS CAN LEARN THE FUNDAMENTALS OF POWER YOGA. THIS CLASS WILL INCLUDE TRANSITIONS BETWEEN STANDING, SEATED AND RECLINED POSTURES AND MAY NOT BE SUITABLE FOR SOME WITH CERTAIN HEALTH CONDITIONS. INTENSIFICATIONS AND MODIFICATIONS WILL BE OFFERED THROUGHOUT THE CLASS. DO NOT HESITATE TO SPEAK WITH THE INSTRUCTOR IF YOU HAVE QUESTIONS.

### CLASS INFORMATION:

- ALL SESSIONS ARE FREE AND OFFERED FROM 10-11AM
- NO PREREGISTRATION
- AGES 12+
- BRING YOUR OWN YOGA MAT OR BEACH TOWEL
- CHECK BOROUGH WEBSITE AND SOCIAL MEDIA PAGES FOR RAIN CANCELLATIONS

