

# Simple Abundance Yoga

sponsors

## YOGA IN THE PARK



## EARTH DAY CELEBRATION COME JOIN US!

We will offer a FREE yoga class from 4 to 5 p.m. on Sunday, April 22<sup>nd</sup> in Jonesborough in the beautiful park located behind the Storytelling Center.

Please bring a picnic blanket, beach towel, or old blanket to place under your mat. We will have a few mats available, but not enough for everyone, so please bring your own if possible. Bring your friends and family.

Let's celebrate Earth Day together!

(more info below)

Class will begin at 4 p.m. and last about an hour. It is free and a great way to introduce your family and friends to yoga. Probably best for those 8 and up, but if you have a younger child who has done yoga before and would enjoy the practice, please feel free to bring him/her along too.

We will be doing the class in the park located behind the International Storytelling Center in Jonesborough. Take the road immediately past the center and the Chester Inn. (small road before the church, next to the log cabin) There is parking there, and the park is on the hill to your right. You can either take the steps up to the park or the paved walking trail, which begins toward the back area of the parking lot. We will be practicing in the level, grassy area close to the Storytelling Center.

Please bring a blanket, beach towel, or sheet to lie under your yoga mat. It will help keep your mat clean.

Sign up at the studio if you feel you are likely to take the class, just so we have a rough estimate of how many are planning to attend. If it is warm (I think they are currently predicting 75 degrees and sunny), bring a water bottle.