

# Bloomingtondale Park District



## Yoga in the Park

Participants practice yoga postures and breathing techniques for balance, flexibility, strength and stress relief in the shaded pavilion at Old Town Park!

Focus is on body alignment, gentle movements and body awareness. Class ends with a deep relaxation. Please bring a yoga mat, yoga strap and blanket as needed for support. Due to COVID-19 restrictions, props cannot be shared and each participant must bring what they need. No bathrooms are available. All levels are welcome.

Yoga in the Park (Code #403556) is located under Adult Fitness & Sports on the registration site at <http://bit.ly/bpd-registration>.

**Location:** Old Town Park

**Instructor:** Beth McCown

**MIN/MAX:** 5/15

| <b>Grade</b> | <b>Day</b> | <b>Time</b> | <b>Date</b> | <b>Fee</b> | <b>Code#</b> |
|--------------|------------|-------------|-------------|------------|--------------|
| Adult        | W          | 8:30-9:30A  | 7/29-8/19   | \$49/\$69  | 403556-A1    |