

YOGA IN THE PARKS

Whether you are an experienced yogi or just starting out, join us for this all-level flow class in two of our beautiful parks this spring. We will use breath and movement to calm the mind and build strength, flexibility and balance. Please bring your own yoga mat, a bottle of water, and any other gear such as blocks or a towel if needed. Classes are led by Registered Yoga Teacher, Liz Seaden.

Yoga at The Willows Park

490 Darby Paoli Road, Villanova
Wednesdays, April 20 - May 25
5:30-6:30 PM

Yoga at Clem Macrone Park

810 Conestoga Road, Bryn Mawr
Fridays, April 22 - May 27
9:00-10:00 AM

Registration Information for Both Sessions:

\$110 per Session per Park

\$20 per Single Day

Pre-registration required at

www.radnorrecreation.com

Health & Safety Information:

- Do not attend if you are feeling symptomatic or if you or someone in your household has had an exposure to COVID-19 or has COVID-19.
- Please notify us right away if you have had an exposure or have been diagnosed with COVID-19 during the time in which this program takes place.
- In the event of unforeseen situations such as those imposed by inclement weather or health & safety issues, cancellations may occur. We will make every effort to reschedule when possible. Refunds may or may not be offered.