

YOGA IN THE PARKS

Whether you are an experienced yogi or just starting out, join us for this all-level flow class in one of our beautiful parks this Fall. 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 Rd, Villanova
Willows Mansion Terrace
Mondays, October 10-November 14
9:00-10:00 AM

Registration Information:

\$110 per Session

\$20 per Single Day

Pre-registration required at
www.radnorrecreation.com

Health & Safety Information:

- 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.