

~Free Comfort Yoga®~ Alfresco

**Saturday August 3rd, 3-4pm
Spooner Park**

350 Eli Road, Little Canada MN

Outdoor Comfort Yoga® for Everyone!
All ages welcome no prior yoga experience required.
Please bring a non-perishable food item for the local Food Shelf.



Tune in to nature and awaken your awareness to what surrounds you.
Natural spaces are a valuable resource, let's celebrate and appreciate them!
Decrease stress and connect with nature through Yoga.
Interesting fact: Walking barefoot on a cool patch of green grass is rejuvenating!
That's because your feet are the endpoints for all the nerves in your body.

Please bring a smile and your friends too...it's for everybody!

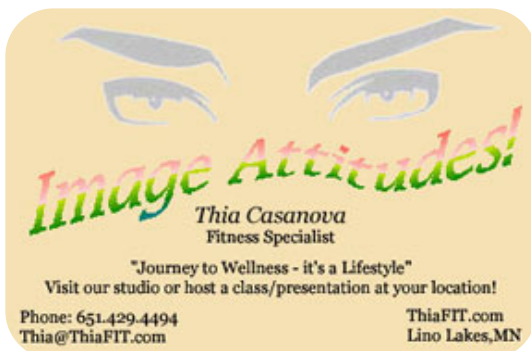


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"Journey to Wellness - it's a Lifestyle"

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