

## 2022 Park Yoga Information

\*Yoga in the Park (Lawrenceburg) is \$5 drop in price. Bring your mat &/or a blanket & a bottle of water. This practice is for any fitness level. Yoga in the park will be a variety of yoga practices including partner, slow flow, inversions, etc. No experience necessary.

Location: 725 West Broadway Street Lawrenceburg, KY, 40342.

Look for the yoga mats in the back of the park!!

*(Rainy days will be held at the studio, watch facebook for notifications).*

\*Yoga in the Park (Versailles) is free/donation based. Bring your mat &/or a blanket & a bottle of water. This practice is for any fitness level. Yoga in the park will be a variety of yoga practices including Slow morning flow, Hatha style yoga, etc..

No experience necessary.

Location: 200 Park St, Versailles, KY 40383

*You can either walk the trail to the back of the park or continue driving around Rosehill and park in the back of the park where the soccer fields are (see map). Yoga will be in at the tree line near the soccer field.*

Look for the yoga mats in the back of the park!!

*(Rainy days will either be cancelled or held under the pavillion, watch facebook for notifications).*

