

# Cambridge Plays

Summer 2025 · East Cambridge

## Saturday Morning Yoga in the Park

The Embody School

Bring a mat or towel, water bottle, and sunscreen and join us in the park.

### All Levels Vinyasa

7/19 -- Green-Rose Heritage Park

7/26 -- Timothy J. Toomey, Jr. Park

10:00 a.m. - 11:00 a.m.

Get your heart rate going, and build strength, stability, calmness and focus.

### All Levels Embodied Flow

Timothy J. Toomey, Jr. Park

8/2 & 8/9 -- 11:00 a.m. - 12:00 p.m.

8/16 & 8/23 -- 10:00 a.m. - 11:00 a.m.

Gradually increases in intensity with longer holds and a focus on increasing internal awareness.



## Crafted in East Cambridge

History Cambridge

7/26 (rain: 7/27) -- 12:00 p.m. - 2:00 p.m.

Cambridge St. Courtyard (688 Camb. St.)

Activities and crafts for all ages based on the workshops and factories of East Cambridge's past.



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