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.

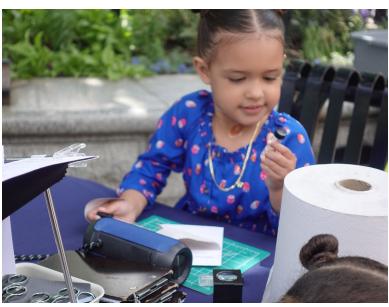
Crafted in East Cambridge

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.









Contact: Sarah Jane Huber

- shuber@cambridgema.gov
- **6**17-349-4624
- www.cambridgema.gov/plays