

Bend and Breathe

at Blue Heron

Saturday, July 25th, 2020

10:00 – 11:00 am

Blue Heron Event Center

3227 Blue Heron Trace in Medina

Roots Yoga and Barre is offering a donation-based class to benefit Access the Arts (suggested min. donation \$15). Grab your mat, a friend, and some clothing you can easily move in for this yoga event for a great cause. No experience needed. **FREE BABYSITTING, FREE Mimosa,** and door prizes from area businesses. Afterward, lunch is available to purchase at Blue Heron Brew Pub, inside or outside patio.

All proceeds will help Access the Arts bring free arts programs to The Medina County Juvenile Detention Center and to the Medina County Home.

Safe protocols apply: Everyone will remain 6' apart. Please wear a mask until you are on your mat. Register ahead by going to www.RootsYogaOhio.com or RSVP to JaneBack@AccessTheArts.net. Walk-ins are also welcome, but those who sign up ahead will have their names in a drawing for great door prizes!

To learn more about the mission of AtA, go to AccessTheArts.net and follow us on Facebook and Instagram.