

Mindful Triathlon



Try A new type of TRI-athlon

June 24th 2018

8:30 am

Millard Cooper Park

Sykesville Md

This event is hosted by Sykesville wellness Partners and Just In Power Kids

This is a Donation Based Free Event but registration is required

The triathlon starts with The Mindful Mile walk from Millard Cooper Park in Sykesville through trails in The Warfield Complex and ends back in the park. This mile walk is focused on slowing down to become more present to the beauty of our environment and the people around us. It gives us an opportunity to connect with ourselves, others and our world in a different way.

The mindful mile is followed by a 30 minute beginners yoga class brought to you by Branches of Yoga in Sykesville. This is an opportunity to “try” out a free yoga experience.

After yoga, we will transition to an introduction to meditation. If you haven't ever “tried” it this is your chance. This is about becoming aware of thoughts, exercising the calming parts of your brain and giving you a greater ability to choose your reactions to the world. Choice in how you are in the world is true empowerment.

No experience is necessary, all ages are welcome.

Day of the event contact Tri-Sport Junction 410-549-1704

Please bring your own yoga mat or towel. BYOB- bring your own bottle to fill at the water station.

*****Vendors Welcomed!** If you are interested in being one please contact the Sykesville Wellness partners through their facebook page.