

OCTOBER YOGA

AT THE PINE HOLLOW ARBORETUM

YOGA UNDER THE STARS

Friday, October 6 @6:30pm

Join us in Magnolia Field for a restorative vinyasa flow yoga session while taking in the beauty of the Arboretum at night.

[REGISTER](#)

YOGA & HIKE

Saturday, October 7 @9:30am

Hike to 4 different areas of the arboretum. This is a great way to tour the arboretum and practice slow movement, vinyasa flow, stretching and meditation.



MEET THE INSTRUCTOR DOMINIC GIAMBRA

ABOUT DOM

Dom is a 200-hour yoga certified teacher, having recently received his certification from HEAL BFLO and Power Yoga Buffalo. He has spent the last decade studying, performing, and choreographing dance; he's now excited to explore the possibilities of fusing the two disciplines! Dominic spends time as a Certified Wastewater Operator at the Buffalo Sewer Authority, happily supporting his community and the environment. He strives to be a leader for inclusion and accessibility, and an example of how to live a powerful life—on and off the mat.

