

Forest Yoga

w/ Inglis

Nature Walks w/
Gentle Yoga and Meditation

connect to your local lands

Classes will focus on

- Healing and Recovery
- Mindful Awareness
- Loving Harmony
- Building Connection

Class takes place at
The Preserve in OS

5 week Sessions

Meets Twice a week

Tuesday and Thursday

Morning Group 9:30-11:30am

Afternoon Group 2pm-4:00pm

