



Yoga at the Park

With Branford Parks & Recreation

Join us for Yoga in the Park. There will be ample space to relax, enjoy amazing views and practice safely. Classes are 1 hour long and suitable for all levels. A fun and healthy option for you this summer!



Session 1: Soul Chill Yoga for All

Come back into alignment & release stress in a calm environment. We'll engage mindful movement to help soothe tensions & rejuvenate energy. Yoga postures will be guided promoting key strength, balance, and focus. Sessions will end with positive relaxation and guided meditation. All levels welcome. Beginners encouraged and modifications offered for all to enjoy.

Wednesdays Aug. 5, 12, 19, 26 **Time:** 6:30p-7:30p

Class location: Foote Memorial Park

Session 2: Morning Yoga to Center & Calm

Begin your day centered and calm. Cleanse and open the body, heart and mind with relaxation, conscious breathing and mindful movement. Yoga postures will be taught to build key strength, release tension, and create greater freedom and mobility within the body. Class will end with meditation to help promote peace of mind.

Sundays Aug. 9, 16, 23, 30 **Time:** 8:00a-9:00a

Class location: Branford Point/Parker Park

\$50
per
session

Please bring a blanket/towel, yoga mat, sunscreen, bug spray and water. Everyone will be required to wear a mask until they are on their mat. There will be plenty of space to do yoga in a socially distanced way with masks off.

Pre-registration is required

Visit www.branfordrecreation.org or call the office at 203-488-8304