



JOIN US FOR: YOGA IN THE PARK

Details:

The sessions will move inside Maggie's Place if the weather does not allow for outside sessions. A 45 minute Flow Yoga class will be offered followed by a small healthy snack. A small selection of mats, blocks, and straps are available for individual use. Contact Maggie's Place (902-667-7250) or Amherst SchoolsPlus (902-694-8581) with questions.



**FREE YOGA AT THE
ROTARY PARK
11 ELMWOOD DRIVE,
AMHERST**

**FOR ALL AGES AND
FITNESS LEVELS
(UNDER 12 YEARS TO
BE ACCOMPANIED BY
AN ADULT)**

**BRING FRIENDS AND
FAMILY (NO CHILD
CARE PROVIDED BUT
CHILDREN ARE
WELCOME TO JOIN IN)**

**OFFERED IN
PARTNERSHIP WITH
MAGGIE'S PLACE
AND AMHERST
SCHOOLSPLUS**

**MAGGIE'S PLACE
FAMILY RESOURCE
CENTRE**

11 Elmwood Drive
Amherst, NS

902-667-7250

July 3, 5, 10, 12 and August
14, 16, 21, and 23 (10-11 am)