

Trail Yoga



MetroParks
of Butler County, OH

Trail Yoga

WHEN Tuesdays, September 18, 2018
– October 23, 2018
6:00 p.m. – 7:00 p.m.

WHERE Rentschler Forest MetroPark
5701 Reigart Road
Hamilton, OH 45011
Meet by the Stone House

PRICE \$7.00 per class
\$36.00 for all 6 classes
Pre-registration required by
the Monday before each class.
Register by phone to receive the
series discount.

ABOUT

Hiking and Yoga, what could be better? It is a great way to reduce stress through awareness and increase positive emotions. In fact, being present in nature has been proven to lower heart rate/blood pressure and even boost immunity! Join us on Tuesday evenings with Laura Lejeune for a time of relaxation in and around Rentschler Forest MetroPark.

Please note: Wear comfortable “old friend” closed-toed shoes, as we will be out on the trail. You will **not** need a yoga mat for this program. Open to all fitness levels.

513.867.5835 | YourMetroParks.net

Motor Vehicle Permit Required. FREE to Butler County Residents. Non-Residents \$5/daily or \$10/annually.

