

TRAIL YOGA



MetroParks
of Butler County, OH

Trail Yoga

WHEN Every Tuesday, June 11 – June 25, 2019 and July 9 – August 6, 2019
6:00 p.m. – 7:00 p.m.

WHERE Rentschler Forest MetroPark
5701 Reigart Road
Hamilton, OH 45011

PRICE \$7.00 per class
\$48.00 for all 8 classes
Pre-registration required
by 4:00 p.m. the day of each class.
Register by phone to receive the
series discount.

ABOUT

Harmonize your breath with the rhythm of nature and unwind from your busy day as we practice mindful movement with traditional yoga poses along the meandering forest trail. All body shapes, sizes, and experience levels are welcome. This is truly something you need to experience to appreciate!

Please note: Wear comfortable "old friend" closed-toe shoes, as we will be out on the trail. A yoga mat is not needed.

513.867.5835 | YourMetroParks.net

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

