



# YOGA IN THE PARK

Tahoe Flow Arts & Fitness and North Tahoe Recreation present a FREE, all-levels vinyasa class that emphasizes feeling into your proper alignment and activation in yoga postures combined with a fluid flow.

- **Dates:** Wednesdays (May 25th, June 29th, July 27th, August 31st, September 28th)
- **Time:** 6:00pm-7:00pm
- **Location:** North Tahoe Regional Park (Field #1)
- **Cost:** FREE (Walk-ups are welcome, registration preferred)

*Bring your own mat or rental mats available*

REGISTER AT: <https://bit.ly/yogantpud>

[WWW.NORTHTAHOERECREATION.COM](http://WWW.NORTHTAHOERECREATION.COM)

