

# OUTDOOR YOGA EVENT

Join us at the Kinsmen Sport Centre as three certified yoga instructors lead the class through three different styles of Yoga. Feel free to drop in for 30 minutes or stay for the entire 90 minutes! Enjoy the outdoors while participating in a yoga workout that will enhance your flexibility, balance and strength.

All levels welcome.

**Date: Saturday, July 9th**

**Time: 9:30-10:00am - YOGA FLOW**

**10:00-10:30am - YOGA POWER**

**10:30-11:00am - YOGA CORE**

**Cost:** Drop In Admission (or included with City of Edmonton membership)

**Where:** Baseball diamond outfield (outside the Kinsmen)

**What to bring:** A Yoga mat and a water bottle!



Please visit the admission desk at the Queen Elizabeth Pool to get a wrist band.



*In the case of poor weather conditions, this yoga event will run indoors*