



SHAKER HEIGHTS

Yoga in the Park

Shaker Heights Recreation will be hosting **free** Hatha Yoga in the Park. Join your neighbors for a beginner-friendly combination of improved physical, mental and spiritual health in a beautiful Shaker park setting. Yoga will be held at a different park each week, please wear comfortable clothes and bring a mat, towel and water bottle.

August

Date	Time	Park—Meeting Location
Wed, 8/9	6 pm	Southerly Park
Thurs, 8/10	6 pm	Sussex Park
Thurs, 8/17	6 pm	Gridley Triangle
Wed, 8/23	6 pm	Southerly Park
Wed, 8/30	6 pm	Sussex Park
Thurs, 8/31	6 pm	Gridley Triangle