

Yoga in the Park

When: First Saturday of each month at 10 AM

Where: Stephen Foster Folk Culture Center State Park in White Springs, FL.

Ask at the gate or gift shop for the specific location in the park.

The cost is \$10 which includes admission to the park. Bring a yoga mat or beach towel. Wear comfortable clothes and join us for a great stretch!

Instructor: Roberta S. Lacefield; CYT, Ed.S.
RSLacefield@netscape.net

Roberta is a certified Integral Yoga teacher and Thai Yoga bodywork practitioner.

Go to <http://www.floridastateparks.org/stephenfoster/events.cfm> for other park events. Other yoga classes and Thai Yoga bodywork available at Suwannee River Yoga in downtown White Springs (next to the Fire Station): <http://suwanneeriveryoga.com>

