

YOGA IN THE PARK... ...BOOSTER PARK

Enjoy Outdoor Yoga Practice Weekly

Classes: Mondays, 6:30-7:30pm

August 10 - August 31, 2020 (4 classes total)

Registration Deadline: August 3, 2020 (or when class fills)

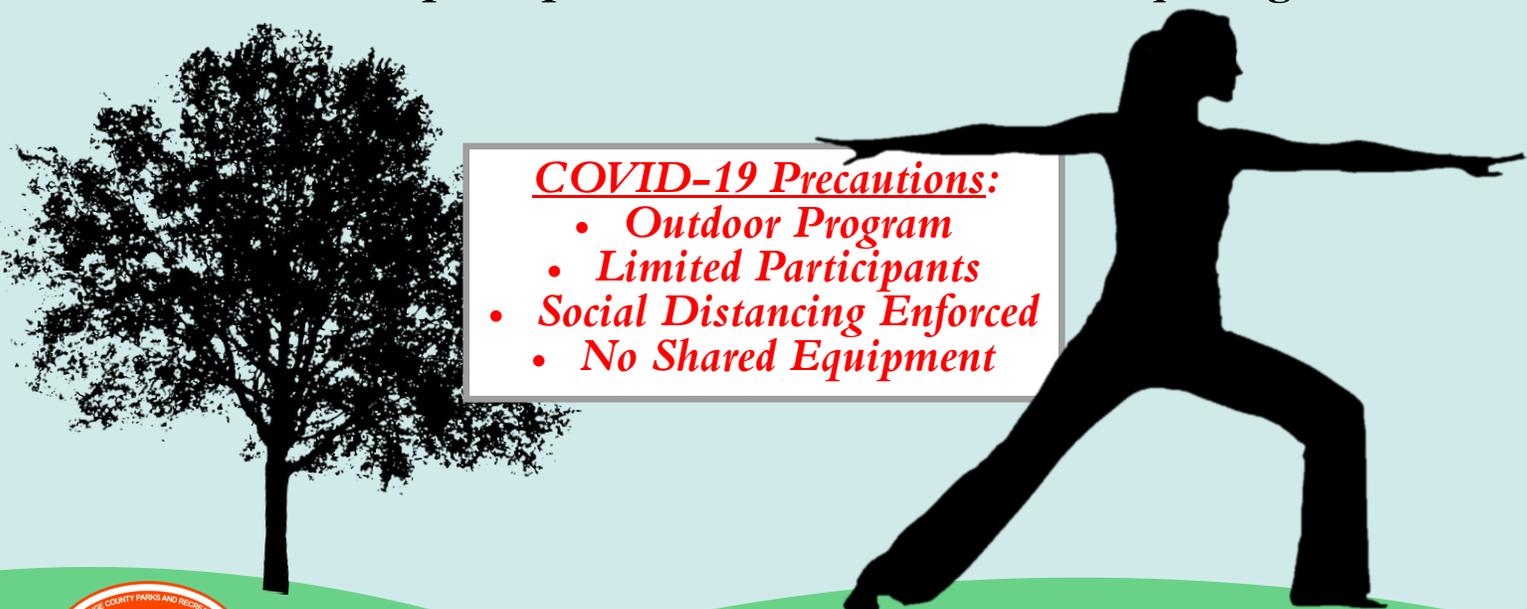
Booster Park Stage

11177 Bloomsbury Road, Orange, VA 22960

\$40 Registration Fee, Must Pre-Register

Participants must be 18+ and bring own equipment (mat, water bottle, etc.).

VERY limited participant numbers allowed, don't delay to register.



COVID-19 Precautions:

- **Outdoor Program**
- **Limited Participants**
- **Social Distancing Enforced**
- **No Shared Equipment**



About the Instructor:

Erica Grothe has been practicing yoga for 5 years but developed a deeper practice after having her second child a year ago. She graduated from FlyDog Yoga Studios 200-hour Vinyasa teacher training in 2020. Erica teaches an empowering class that will leave you feeling centered and present. She believes that yoga is for everybody and wants to help others find their joy through movement on their mat.

**FOR QUESTIONS OR TO
REGISTER, CALL ORANGE
COUNTY PARKS & REC.**

(540) 672-5435