



Walk Yoga Walk

At Hidden Lake Gardens

Join certified yoga teacher, Rita Adams, as she leads you on an energetic walk through scenic trails in Hidden Lake Gardens. Plant your mat on the earth to practice an active, multi-level yoga flow surrounded by the beauty of nature. Poses will focus on breath, alignment, and personal awareness and are modified to suit everyone from beginners to more experienced practitioners. Experience the healing power of walking, yoga, nature, breath and community! Bring your own yoga mat and any items necessary for you to be outside such as sunblock or bug repellent. Register and pay at the Gift Shop in the Visitors Center prior to class. Please arrive 15 minutes early as class will begin walking promptly at 9am. In case of inclement weather, class will be held in the Visitor Center. Join us every Thursday 9 to 10am throughout the month of August.

Thursdays 9-10am

August 3rd through August 31st

\$10 per class

\$3 entrance fee for non-HLG members

Please feel free to come to class anytime. If you are new to yoga, please plan on arriving at least 10 minutes early to class. Check the calendar on the website or FB for any cancellations. For additional questions text/call

[517-270-1977](tel:517-270-1977) or

Email AshtangaRita@gmail.com

CLASS LOCATIONS

Hidden Lake Gardens
6214 Monroe Rd. (M-50)
Tipton, MI 49287
[\(517\)431-2060](tel:5174312060)

Encore Dance Studio
Downtown Adrian
124 E. Maumee St.
Adrian, MI 49221

RitaYoga.com

[Flow Yoga Facebook](#)

