

Yoga on The Deck

Paul Smith's College VIC



An outdoor yoga class adds a different dimension to one's practice. Union (yoga) with nature, humanity and the universe is truly felt, intensifying your experience.

Participate in Sun Salutations while actually reaching for the sun. Enjoy a stunning playlist courtesy of the birds and the breeze. Feel rooted while holding Tree pose in the forest.

June 23 – August 27
Mondays & Wednesdays, 9 – 10:15 am

\$15 Drop-in Fee
Prepay up to 6 classes at \$13 ea.
7 to 13 classes at \$12 ea.
14 to 20 classes at \$10 ea.

Class is open to all abilities. Bring a mat and a large towel. Some mats and props will be available.

Paul Smith's College VIC
8023 State Route 30, Paul
Smith's NY
518-327-6241
bmcdonnell@paulsmiths.edu



Jackie Foster, E-RYT 200/RYT-500
AdirondackJackieYoga.com
jackieyoga@roadrunner.com
518-339-3008