

Yoga On The Deck

June 29 – Sept. 2

Mondays & Wednesdays 9 am to 10:15 am

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.

\$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.

For more information contact:



Jackie Foster, RYT

ADKJackieYoga.com

518-339-3008

Paul Smith's College VIC

8023 State Rt. 30 Paul Smith's, NY

AdirondackVic.org 518-327-6241

