

Save the Date!

3rd Annual

Yoga in the Park

at Mill Creek Park

Saturday, August 22nd



Benefits Harvesters and The Humane Society of Greater Kansas City

Fee: Bring your canned goods or cash! We'd be happy to take either.



Bring the Pooch out for Doga!

Registration: 9 am – 9:30 am

Doga Session: 9:30 am – 10 am

This is the second year we've included Doga. It was so much fun to see the dogs and their owners bonding as everyone spread out on blankets and mats for a relaxing session of dog yoga; mostly stretching and some poses for the owners. Come find out about Doga!

Bring your mat or blanket to sit on and water. Oh ya, a baggie to pick up after "Fido" would be nice.

In case of rain – we will have to cancel the event. Overcast skies and drizzle will not stop us. Go online to www.HotYogaKC.com for more information and list of needed for items.

Come do your own Yoga!

Registration: 9:30 am – 10 am

Yoga Session: 10:15 am – 11:15 am

Please join us for our third annual Yoga in the Park. What a great way to spend a late Summer day – grass under your toes, blue sky above and the wind gently blowing – as you do something healthy and fun!

Bring your mat, towel (optional), water and wear comfortable clothing you can move in.

Presented by

Yoga Fix Studio

www.HotYogaKC.com

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