

# INTERGROUP OUTDOOR EXPERIENCE; YOGA



*This could be you... unphased by a sandy wet bottom*

## Yoga at Sherwood Island

- Join us for an outdoor experience of light movement on a towel, blanket or mat
- The park entrance is **free** for Connecticut Registered cars
- This event is an open experience for fellows, **family and friends**. Please share with all 🙏
- Rain or shine event. We will meet under an enclosed area if it rains.
- Please bring, yoga mat, towel or blanket to practice on. There will be some equipment provided but it is limited.
- Lastly this is open for all levels. Think of it as breathing/meditation/presence/light movement.

**July 13, 2024**      **8:00 a.m.**

1 Sherwood Island rd. Westport CT 06880



**Look for yellow balloons that lead to YOGA  
near beach to the right as you enter**