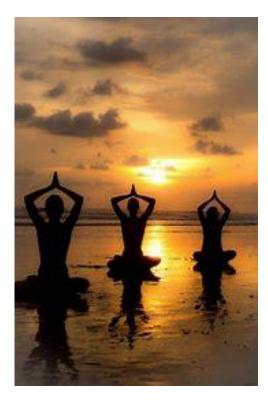
## INTERGROUP OUTDOOR EXPERIENCE; YOGA



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, 20248:00 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