



Come join us for **YOGA IN THE PRAIRIE** **September 19th, 2020 - 10:00 am!** Brought to you by Natives Haven Nursery and Workplace Wellness Yoga. Inhale the scents of the native flowers all around...enjoy the butterflies & birds, the pond, the beauty of the native prairie plant gardens around you. Then, focus inward as you enjoy gentle Hatha Yoga instruction. This free 45 minute outdoor yoga class is followed by a guided Garden Walk. Bring your own mat, sunscreen and water.

We are accepting donations for this event, it is certainly not required. As we did last year, all funds raised will be donated to the Spinal CSF Leak



Dorothy getting ready to lead a class. As a RYT-200 teacher, Dorothy Robin earned her 200-hour certification from The Yoga Lounge. Dorothy has been practicing yoga since 2001 and is a Registered Yoga Teacher through Yoga Alliance. Her clients include Motorola Solutions, Corporate Disk, Continental Automotive, Curran Contracting, Smith Physical Therapy and Running Academy and other area businesses.
www.workplacewellnessyoga.com