

Yoga in the Prairie

September 4, 2021 at 10:00 am

Location: Natives Haven Nursery

13809 Durkee Road, Harvard, IL 60033



Enjoy the healing power of nature. Inhale the scents of the native flowers all around...enjoy the butterflies & birds, the pond, the beauty of the native prairie gardens around you. Then, focus inward as you enjoy a gentle Yoga practice.

This **free** 45-minute outdoor yoga class is followed by a guided Garden Walk.

Bring your own mat, sunscreen, water.

Yoga in the Prairie is sponsored by NativesHaven.com and workplacewellnessyoga.com

Please contact Dorothy Robin of Workplace Wellness Yoga at 815-236-3126 with any questions.