

# Yoga in the Prairie

**Saturday, September 19, 2020 - 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 plant 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, and mask. Social distancing of mats is required. Attendance is limited due to COVID-19 so RSVP to Dorothy to reserve your spot: [info@WorkplaceWellnessYoga.com](mailto:info@WorkplaceWellnessYoga.com)

We are accepting donations for this event. All funds raised will be donated to the Woodstock Food Pantry.

Yoga in the Prairie is sponsored by [nativeshaven.com](http://nativeshaven.com) and [workplacewellnessyoga.com](http://workplacewellnessyoga.com)