



## ***Bedford Parks & Recreation Department***

***In Cooperation with Daybreak Yoga Presents...***

# **Yoga in the Park**

***Ellenwood Center/Willard Park, 124 Ellenwood Ave.***

### **Dates/Times**

Saturdays 11:00 am—12:00 pm

July 25 - August 29

Outdoor Class only; will take place behind Ellenwood Center between building and playground

Participants must bring water and yoga mat

### **Fees**

Bedford Resident \$30

Non-Bedford Resident \$40

Yoga mats available to purchase for \$10

### **COVID-19 Policies/Procedures**

- All participants must sign a COVID-19 waiver at first class.
- Bathroom facilities will not be accessible.
- Social distancing must be adhered to; minimum six feet distance at all times.
- In the event of inclement weather, class will be cancelled. Participants will be notified via email and text alert.

### **To Register:**

**On-line at [www.bedfordoh.gov](http://www.bedfordoh.gov)**

Click on the Recreation Department in the upper right hand corner. Pay using Discover, MasterCard, Visa, or American Express.

**Phone 440-735-6570**

Call the Parks & Recreation Department and our friendly staff will be happy to process your registration. Pay using Discover, MasterCard, Visa, or American Express. If you reach the Department voicemail, please leave a message and we will return your call as soon as possible.

### **Instructor**



Dawn Rivers is the owner of Bedford's Daybreak Yoga. She is a certified yoga teacher, has completed 300-hour training beyond her initial teaching training, as well as Yoga Nidra training. Her style of yoga is mindful, energetic and fun!