



## **FREE YOGA On the BEACH etc.**

### **Canoe Creek State Park**

Come join us for a gentle all abilities class at the swimming area. New to yoga? Great! If you can breathe, you can do yoga. Got kids? Bring them along too! They can participate or play together in the sand.

Donations accepted to help with park education programs.

Park will announce cancellation via Facebook in case of inclement weather.

See you there! Meet on the Beach. Bring beach towel, blanket or mat.

New this year: Tai Chi and Walking Mindfulness Meditation

The weekly peaceful practice will be posted on Bloom Yoga & Wellness's Facebook page

#### **Classes Saturdays 9:00 - 10:00am at Canoe Creek State Park Beach & Swimming Area.**

June 2, 2018	July 7, 2018	August 11, 2018
June 9, 2018	July 14, 2018	August 18, 2018
June 16, 2018	July 21, 2018	August 25, 2018
June 23, 2018	July 28, 2018	
June 30, 2018		

Note: No Yoga class August 4

Come enjoy the annual triathlon

In case of inclement weather, sessions will be canceled via post to the park's Facebook page at

<https://www.facebook.com/CanoeCreekSP/>

and Bloom Yoga & Wellness Facebook page.

The weather is different in the Canoe Creek area than in Altoona or Hollidaysburg.

Cancellations will be determined and posted before 8:30am.

**Donations will be accepted and all proceeds will go to support Youth Educational Programming at Canoe Creek State Park.**



Canoe Creek State Park  
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