

# JOIN US FOR TRAILSIDE YOGA



**Date: Saturday, October 12 at 10:00 AM**

*(Rain date: October 19)*

Check [montourtrail.org](http://montourtrail.org) for updates.

**Location: Galati trail head, Montour Trail**

Visit [montourtrail.org/maps-2](http://montourtrail.org/maps-2) for directions.

## **Donations Accepted:**

This session is a fundraiser for Westland Friends of the Montour Trail. If there is interest we'll schedule more yoga!

## **Class Information:**

- Mixed-level yoga class
- Dress for the weather
- Bring a yoga mat and any yoga props you typically use
- Yoga blocks are recommended



## **ABOUT THE INSTRUCTOR**

Jon Haden is certified in Hatha, Vinyasa, Yin, and Restorative yoga styles.

He seeks to continue teaching the heart of his training—unifying ancient yogic philosophy with modern movement science. Regardless of age, body type, experience level, or mobility limitations, Jon wants to encourage others to discover their own path to expand and restore energy, balance, awareness not only in their bodies, but mind and spirit.

Reserve your spot at [WestlandYoga@MontourTrail.org](mailto:WestlandYoga@MontourTrail.org)

For more information: [WestlandYoga@MontourTrail.org](mailto:WestlandYoga@MontourTrail.org)

