

# YOGA ON THE TRAIL IS BACK!



Join us on **Saturday, August 30,**  
**at 9 AM** at the Galati Trailhead

Google Maps Link:

<https://maps.app.goo.gl/sHMfMr263fLa5Kq69>

## Donations accepted:

*The yoga session is a fundraiser for the Westland Friends of the Montour Trail Council. We are an all-volunteer-led nonprofit that owns and manages the Montour Trail. All proceeds will benefit upkeep of the Trail.*

## Class Information:

- Mixed-level yoga class
- Dress for the weather
- Bring a yoga mat and any yoga props you typically use.
- If the grass may be damp, consider bringing a blanket to put under your mat

For more information or to reserve your spot: scan the QR Code or email [WestlandYoga@MontourTrail.org](mailto:WestlandYoga@MontourTrail.org)



## ABOUT THE INSTRUCTOR

Amber Lesko began practicing yoga more than a decade ago as a way to diversify her fitness routine. It immediately became clear that the benefits of yoga went far beyond physical fitness -- it helped her manage stress and anxiety, improve focus and sleep more soundly. In 2019, Amber completed her 200-hour certification at Yoga H'om. She has taught a variety of classes through the years, including vinyasa flow, yoga sculpt, gentle and restorative yoga, beginners yoga, kids yoga, and more.

