

JOIN US FOR TRAILSIDE YOGA



THE
MONTOUR
TRAIL®



SATURDAY
MAY 30



TIME
9:00 AM



LOCATION
GALATI TRAILHEAD
(MM 21.5)



**ABOUT THE
INSTRUCTOR**

Amber Lesko is a certified yoga instructor with over 10 years of experience teaching vinyasa, restorative, beginner, and gentle yoga classes.



DONATIONS ACCEPTED

This yoga session is a fundraiser for the Westland Friends of the Montour Trail Council. All proceeds will benefit upkeep of the Trail.



CLASS INFORMATION

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

FOR MORE INFORMATION



WestlandYoga@MontourTrail.org