

# Gentle Summer Yoga

**THURSDAY'S 9:15AM–10:15AM**  
AT THE CHADWICK LAKE PARK BOATHOUSE PAVILION

*All levels gentle yoga to promote flexibility,  
mental clarity & relaxation.*



with Cait Fields, Yoga Therapist

## ABOUT THIS CLASS:

*In this Gentle Yoga class, you will experience deep stretching, mindful breathing, and soothing meditation. You'll embark on a calming journey that nurtures your body and mind. Gentle movements improve flexibility, release tension, and promote relaxation. Breathwork cultivates inner calm and presence, while meditation helps foster mental clarity and emotional well-being. Whether you're new to yoga or seeking a gentle practice, this class provides a serene space to unwind, restore, and connect inwardly while soaking in the healing power of the outdoors. **Bring a yoga mat.***

**CLASS STARTS  
JULY 11TH, 2024**

**\$10 CASH/  
SESSION**

➔ **Register for the season at [townofnewburgh.recdesk.com](https://townofnewburgh.recdesk.com)**