



# Yoga on the Deck

An outdoor yoga class adds a different dimension to one's practice.  
Union (yoga) with nature, humanity and the universe is truly felt,  
intensifying your experience.

Participate in Sun Salutations while actually reaching for the sun.  
Enjoy a stunning playlist courtesy of the birds and the breeze.  
Feel rooted while holding Tree pose in the forest.

**Mondays and Wednesdays 9:00 am**  
**June 24 - August 28**

Paul Smith's College VIC, RT 30 Paul Smiths NY  
Www.adirondackvic.org 518-327-6241

**\$15 Drop in fee**  
**Prepay for 3 classes or more at a rate of \$13 ea.**  
**All 16 classes for \$160 (\$10 per class)**



Class is open to all abilities  
Bring a mat and a large towel  
some mats and props  
will be available.

Jackie Foster, RYT