

Anderson Park District

Department of Marketing and Public Relations



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Anderson Park District Hosts Relaxing Yoga to Wind Down your Workday

Anderson Park District will host its third Evening Wind Down Yoga class for those looking to prepare for a good night's sleep. The class will feature gentle yoga movement and stretching with the goal of slowing down the mind and releasing stress.

The class will be taught by Amanda Kissel, a 200 hour Registered Yoga Teacher, and will begin with vinyasa movement and end with gentle floor poses. Comfortable clothing should be worn. A water bottle, yoga mat, and block or exercise band should be brought. All levels of experience are welcome.

The wind down yoga class will be hosted on February 24, 2022, from 6:30 p.m. until 8:00 p.m. It will be held indoors at the Anderson Parks RecPlex located on 6915 Beechmont Ave.

The cost is \$12 for park members and \$17 for nonmembers. Space is limited and spots fill up quickly. Registration is required and is for individual date only. The class will be in-person. Center for Disease Control (CDC) guidelines regarding the Covid-19 virus will be followed and social distancing will be encouraged.

Registration forms and more details on the class can be found on the Anderson Park District website www.andersonparks.com. Please call (513)-588-5082 with any questions.

Student Work for Learning Purposes Only