



# FAMILY YOGA

Wednesday, August 5, 2020 from 7-7:45pm at Landon C. Burns Park  
Families (4+ years) • 1 session • \$5 per person

What better way to enjoy summer than to have fun with family yoga! Join Rec & Parks as we move and play outside this summer for up to an hour exploring ourselves through movement while safely distancing ourselves as a group. There will be stories and possibly songs to help us celebrate these interesting times together, bringing us closer, when for months we have been apart. We will learn a basic Sun Salutation, balance like a tree, and fly as if in an airplane. We can plant a garden with our bodies, grow flowers that bring bumblebees, and be the sunshine with the joy we make. Let's gather and play, and share yoga with the ones we love. Youth must be accompanied by a paying/participating adult; fee is per person and younger than 4 are welcome at no fee. Bring a mat, towel and water bottle(s).

Instructor: Edie Lazenby

**REGISTER TODAY, LIMITED SPACE.**

## TO REGISTER:

Visit [ccrecpark.org](http://ccrecpark.org) or call Recreation & Parks (Monday-Friday, 8am-5pm) at 410-386-2103.


**Program #20SM09**, August 5 session

## PLAN YOUR SUMMER!


Check out the Carroll County Recreation & Parks 2020 Summer Programs & Activities Guide for more fun health & wellness programs at [ccrecpark.org](http://ccrecpark.org).



 300 S Center Street, Westminster, MD

 410-386-2103

 [ccrecpark.org](http://ccrecpark.org)

 [ccrecpark](https://www.facebook.com/ccrecpark)

 [ccrecpark](https://twitter.com/ccrecpark)

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities and facilities. Anyone requiring an auxiliary aid or service for effective communication, or who has a complaint should contact The Department of Citizen Services at 410-386-3600 or 1-888-302-8978, or MD Relay 711/1-800-735-2258, as soon as possible but no later than 72 hours before the scheduled event.