



# FULL MOON YOGA

Sunday, August 2, 2020 starting at 8:30pm in Krimgold Park  
16-Adult • 1 session • \$8 per person

Auspicious things happen with a full moon, breaking into the darkness as if it could radiate like the sun. Join Carroll County Recreation & Parks for a night of meditative movement with two opportunities this summer. We will have an intention to guide us as we move going deeper within, while safely distancing ourselves. Using breathing to lead us into a flow exploring balance and stretches to lengthen our bodies while strengthening our muscles. All levels welcome. Bring a flashlight, 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 #20SM13**

#### 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.