



OUTDOOR YOGA & MEDITATION HIKES



with Yoga with Sheila K. & Megan
Riley/Coyoteguides

Yoga & Meditation Hikes with a Shamanic Vibe

Join Sheila and Megan on Sundays for 45 minutes of yoga followed by 45 minute meditation hikes with focus on connecting to nature and everything it has to offer.

Time: 10am - 11:30am

Location:

August 2: Anderson Farm Park (499 Hopwood Road, Collegeville, Pa 19426)

(meet up at pavilion by the basketball court)

August 9: Anderson Farm Park (499 Hopwood Road, Collegeville, Pa 19426)

(meet up at pavilion by the basketball court)

Augusts 16: Black Rock Park (1286 Black Rock Road, Phoenixville, PA 19460)

August 23: TBA between Hess Park & Port Providence

August 30: TBA between Hess Park & Port Providence

Outdoor Yoga: Yoga Flow (all levels)

Time: Mondays from 6pm-7pm

Begins August 10th

Location: Anderson Farm Park (499 Hopwood Rd., Collegeville 19426)

(grass area in front of the amphitheater-6 feet apart)

5 teacher rotation

\$10 donation suggested

**Arrive early to fill out waiver or fill out online
For more information visit**

www.yogawithsheilak.com/event-details/outdoor-yoga-meditation-hikes