



Essex Park and Recreation presents Yoga in the Park

Are you planning on taking summer classes and looking for a way to get your mind off the stressful schedule? Are you looking to improve your core strength, flexibility, focus and concentration? Have you just always wanted to give yoga a try? Then Main Street Park in Downtown Essex is the place for you this summer.

Held outdoors this FREE class offers a unique atmosphere to relax and invigorate at the same time. In addition, participants can enjoy the great view of the Connecticut River.

Starting June 23, certified yoga instructor Lori Watkins of Sundrai Massage Therapy will teach Yoga classes at Main Street Park every Tuesday mornings at 8:00 running until Tues Sept. 1st.

Participants need to bring a mat or a towel. Beginners, intermediate and advanced welcome.

In case of bad weather, the rule of thumb is, if it is drizzling, raining or has just rained class is cancelled.

For more information contact:

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