

# YOGA IN THE PARK



## Knights Park

Church St. & Bannockburn Ave., Ambler Borough

Ambler Borough Parks & Recreation is pleased to offer residents free yoga sessions at Knights Park. Yoga sessions are for adults & will be conducted by Registered Yoga Teacher and Borough resident, Dan Rosenak. A yoga mat & appropriate attire are required.

**Sunday, August 28** (9:00-10:00 a.m.)

**Sunday, September 11** (9:00-10:00 a.m.)

**Saturday, September 24** (9:00-10:00 a.m.)

**Sunday, October 2** (9:00-10:00 a.m.)

**Saturday, October 22** (9:00-10:00 a.m.)