

FOR AUDIENCES

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Friday, August 14, 2020

Yoga in the Park (Central Park's Sheep Meadow)

Company: Atabey Yoga NYC

Venue: Sheep Meadow, Central Park

Location: New York, NY

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Come join Atabey Yoga NYC for an outdoor Power Vinyasa class in Central Park's Sheep Meadow area! Class is an hour with a guided meditation and a chakra cleanse. Owner, Candice Segarra, a 200-HR Vinyasa Yoga RYT, will be leading class and will start on time at 11am. Materials to bring: 1. Yoga Mat 2. Towel to wipe sweat 3. Any medical necessities (asthma pump etc) 4. Water bottle 5. Sunglasses, hat, sunscreen 6. Your body! Get ready to work and get stretched and feel good. This Yoga in the Park workshop is \$10 per person, payment options are Zelle (candicemsegarra@gmail.com), Paypal: cmsegarraleon or Venmo: @Candice-Segarra If you have any questions, please feel free to contact atabeyyoganyc@gmail.com or messaging through FB messenger.

***We will be by the trees to your right near the West 67th St entrance

Atabey Yoga NYC
Mid-Park at 66th-69th Streets
New York, NY, 10065
<https://www.eventbrite.com/e/atabey-yoga-nyc-tickets-115593412007>

Schedule
August 14, 2020: 11:00am

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