

FOR IMMEDIATE RELEASE:

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Yoga in the Park Returns this Summer

Roseburg, OR – The City of Roseburg Parks and Recreation Division is excited to announce the return of Yoga in the Park, starting July 11 at Stewart Park. These free classes are open to all experience levels and are a great way to meet new friends in the community.

Hosted by Summer Fry and other local yoga instructors, students can expect fun, yet gentle yoga classes that aim to strengthen core muscles, which lead to better balance and wellbeing.

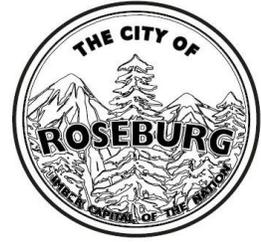
Classes are held every Saturday, starting July 11 through August 15 from 10 a.m. to 11 a.m. Students should come prepared with a yoga mat, blanket, strap or belt and dress in comfortable clothing. Due to the strenuous nature of yoga poses, it is highly recommended that students refrain from eating or drinking at least one hour prior to each class.

Each class takes place on the lawn east of the half shell, located inside Stewart Park. With plenty of open green space to spread out, each participant can enjoy the rejuvenating benefits of yoga while maintaining healthy social distancing. For details about classes, students can contact Summer Fry at summerdawnfry@gmail.com or at 541-391-6381.

For more information, please call 541-492-6730 or email pwd@cityofroseburg.org.

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900 SE Douglas Ave | Roseburg, Oregon | 97470 |
TEL: 541.492.6700 info@cityofroseburg.org
City Hours: Monday - Friday 8 a.m. – 12 p.m. and 1 p.m. – 4:30 p.m.



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