

You're Invited to a Sunrise Yoga Session!

Dear Friends and Family,

Join us for a rejuvenating morning of yoga as we welcome the sun and set our intentions for the day!

Date: Saturday, April 15, 2023

Time: 6:30 AM - 8:00 AM

Location: Riverside Park - Meeting at the East Pavilion

Please bring your yoga mat, water bottle, and a light jacket as it might be chilly. All levels are welcome, and this session is a great opportunity to reconnect with nature and each other.

After our practice, we'll enjoy some fresh fruit and tea together!

To RSVP, please reply by April 10th.

Looking forward to sharing this beautiful experience with you!

With love,

[Your Name]