

WINDSOR RECREATION & LEISURE SERVICES

A Free Yoga Series



Sunset Yoga Nights

Our Yoga instructor will guide you under the glow of the setting sun. Unwind, relax, and enjoy the fresh air while your body moves through each pose slowly and mindfully.

July 9th, July 23rd, & August 6th

LP Wilson Back Field

7:00 PM - 8:00 PM

Please bring a mat or towel, water, and a friend!