

Yoga by the River at Hays Nature Preserve

Saturdays in October

9 to 10 a.m.

Enjoy a relaxing, yet energizing morning of Yoga taught by Jon Fouche Lolley beside the gentle flowing waters of the Flint River in Hays Nature Preserve.



Sessions are Free

Benefits are Priceless

According to the National Institutes on Health, Yoga's researched benefits are:

Improve mood and sense of well-being

Counteract stress

Reduce heart rate and blood pressure

Increase lung capacity

Improve muscle relaxation and body composition

Help with conditions such as anxiety, depression and insomnia

Improve overall physical fitness, strength and flexibility

Bring your Yoga mat or a towel and dress comfortably.

Jon Fouche Lolley

- Registered Yoga Teacher (an internationally recognized certification)
- Currently Teaching Faculty at UAHuntsville - Department of Health and Physical Education
- Former National Karate Champion & Silver Medalist in the Junior Olympics
- 10 years experience teaching Yoga

For more information, call Operation Green Team at 256-532-5326