



FAIRFAX COUNTY PARK AUTHORITY



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Information Release

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PSA-076

Got Garden Tension? Try Yoga for Gardeners!

Getting rid of tension can be a priority in this high stress world. The Park Authority has Yoga for Gardeners that feature a gentle introduction to the Vinyasa method of yoga. With this introductory class, you will stretch out those sore muscles and build up your balance and flexibility. By building up these areas you will strengthen not only your body but also your mind.

The eight-class session will be taught indoors at 9:45 a.m. at Green Spring Gardens beginning on July 6, 2015. The cost is \$86 per person for residents of Fairfax County and \$101 for those living outside of the county. Register online at www.fairfaxcounty.gov/parks/parktakes or by phone at 703-642-5173.

Green Spring Gardens is located at 4603 Green Spring Road in Alexandria, VA.

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