

Yoga by the Lake

9:00 AM - Saturday - Lundeen Park

June 1 & 15 - July 6 & 20 - August 3 & 17



Presented by Nikki Watts of Om Yoga Northwest in Lake Stevens, these free classes are open ages 10+.

Held twice a month from June through August at Lundeen Park, Nikki will demonstrate and explain yoga positions, breath work, core strength benefits, and basic meditation and mindfulness tools.

Mats not Required, Please Bring Water and Towel

Join us for this new event that celebrates wellness next to the beauty of our lake.



OM YOGA
NORTHWEST