

# **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.

