

# Craven County Recreation and Parks

## Yoga Flow



Creekside Park

5:30pm - 6:30pm

Each Monday in October

\$50.00

**Instructor:** Karen Gabriel

**Note:** Participants will need to provide their own yoga mat. The class will meet at the Congleton Shelter located in the back of Creekside Park.



Register for Yoga Flow at <https://cravencounty.recdesk.com/Community/Program>. For questions or more information, please contact Andrew Kendall at [akendall@cravencountync.gov](mailto:akendall@cravencountync.gov).