



community
Yoga & hike

Tuesday September 19th @ 5:45 p.m.

Marjory Swope Park Trails

Information:

- Please join us for a **FREE** Yoga Hike with Alison Murphy, a 200-hour Registered Yoga Teacher from Concord
- This is an easy/moderate hike on the Swope Trails to the Penacook Lake overlook, where there is a beautiful clearing perfect for yoga
- Meet at the Swope Park trailhead parking area on Long Pond Rd
- We will start promptly at 5:45 pm, please arrive early to check in. Plan for 1.5 hours total for the hike and yoga.
- Bring your yoga mat or a towel, bug spray, and water.
- See **Map 25** (concordnh.gov/trails) for map and parking location.

The event is **FREE**, but **REGISTRATION IS REQUIRED**.

Go to www.concordparksandrec.com to register. Use code 269900-1. If this is your first time registering with Parks & Recreation, you will need to submit a registration form.

For questions, or to sign up for our mailing list to hear about upcoming events, contact Beth @ 225-8515, bfenstermacher@concordnh.gov