

Yoga in the Park

Every Wednesday from 7:00—8:00 pm,
all summer long!

Flesher Field Gazebo,
3664 South 9th Street, Kalamazoo, MI
49009

All ages and levels of experience welcome.
Just bring a yoga mat or blanket!

Suggested donation: \$5-\$10, a portion of
proceeds go to support the park

Questions: (269) 216-5233 or
rhhigh@oshtemo.org

Yoga Instructor Samantha Schaefer

Samantha completed her 200-hour teacher training in the ParaYoga tradition with Karina Ayn Mirsky. She has since had the honor of working for Yoga International as an editorial intern and has practiced in a wide variety of styles in addition to ParaYoga; including studies in Anusara yoga in Rome, Italy, and Ashtanga yoga in Chicago, IL

