

Join Us for Yoga

Alfred J. Lima

Quequechan River Rail Trail

August 4 and 7



All events are family friendly! Come for 1 hour or stay longer!

August 4—Yoga

Meet at 5:30 PM at Britland Park near the boat launch

August 7—Yoga

Meet at 11:00 at Britland Park near the boat launch

Quequechan River Rail Trail



Friends of the Quequechan River Rail Trail

Meet on the last Monday of every month! Join us!

Parking

Britland Park—park in Wordell St. lot and walk over to the boat launch look for **Mass in Motion** signs

Both events are all levels. Children welcomed!

Bring a mat or blanket.

Meet us under the trees near the boat launch. Follow the signs.

Information:

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