

Essential Eligibility Criteria

Big Lagoon State Park

Yoga in the Park

In order to participate in this program, one:

- Must have the ability to follow visual and/or verbal instruction independently or with the assistance of a companion.
- Must have the ability to withstand exposure to outdoor temperatures and humidity for up to an hour and a half, as classes will take place either in a pavilion or outdoors at the beach.
- Must have the ability to traverse sandy beach terrain independently, with the assistance of a companion, or with the use of adaptive equipment when the class is held on the beach.
 - Must have the ability to engage in sometimes strenuous physical activity, participants should consult their physician prior to beginning an exercise routine.
- Must have the ability to provide your own equipment for participation, primarily a yoga mat and water bottle.