

Essential Eligibility Criteria

Eden Gardens State Park

Yoga Classes

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 screened pavilion or outdoors in the park.
- 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.