

Essential Eligibility Criteria

Paynes Prairie Preserve State Park

Gentle All Levels Yoga

In order to participate in this program, one:

- Must have the ability to follow visual and/or verbal instructions independently or with the assistance of a companion.
- Must have the ability to withstand exposure to the outdoors for a period of up to 10 minutes
- Must have the ability to perform physical movements that include standing, bending over, sitting on the ground, supporting self on hands and knees, placing body weight on hands and knees, laying on the front and back of the body