

August 20, 2013

News Release

For Immediate Release

5th annual "Yoga on the Trail"

Join Ozark Greenways for the 5th annual "Yoga on the Trail" on the Old James River Bridge on the Galloway Creek Greenway, Saturday, Sept. 7, 9-10:30 a.m. Yoga takes place right on the trail's historic iron bridge, with a bird's-eye view of the beautiful James River flowing below and the seasonal colors beginning to change. Rain date will be the following morning, with the same details.

Taught by Abbe Ehlers and Sally Larson, both RYT-500 certified, this class welcomes everyone from beginners to advanced yoga students. Kids 10 and younger are welcome with an adult. Bring your own yoga mat.

Parking is limited, so bicycling or carpooling is encouraged. Parking is available just south of the bridge, accessible from Blackhawk Road (Farm Road 181). Overflow parking is available at the Missouri Department of Conservation's Southwood Access boat ramp, accessible off Timberline Road (Farm Road 177). The walk time from the Southwood Access parking lot to the bridge is about 10 minutes.

Cost is a suggested \$15 donation to Ozark Greenways. The Yoga on the Trail fundraiser is made possible by this year's underwriters, The Bodysmith, Dynamic Body, Larson Law Firm and Sun Stone Yoga.

For a map and more information: www.ozarkgreenways.org or call (417) 864-2015

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