

FREE IN-PERSON Sculpture Garden Yoga at Leigh Yawkey Woodson Art Museum

Thursday, May 2nd, June 6th & August 1st | 5:30-6:30 PM



Experience the invigoration of yoga amid artwork in the sculpture garden.

Be moved by art this Summer!

Rejuvenate through yoga adapted for you in the serene setting of the sculpture garden.

Take an evening stroll through the galleries and grounds as the Museum stays open until 7:30 PM.

Who should attend?

- For Adults – Beginners Welcome!
- No prior experience with yoga is necessary.

What should I bring?

- wear comfortable layered clothes
- bug spray and sunscreen
- own yoga mat
- any personal props: blanket, block, strap(s)
- bottled water

Classes are held at:

The Leigh Yawkey Woodson Art Museum
700 N 12th St, Wausau, WI 54403

Classes are weather permitting! Watch the 5 Koshas Facebook & Instagram for updates.

Thursday, May 2nd
With Karey Lynn Krampota, RYT-200

Thursday, June 6th
With Sherry Oakes, RYT-200

Thursday, August 1st
With Angel Gleason, RYT-200 & Amanda Greene, Certified Meditation Teacher

Learn more about our teachers below:



More Details & Register Here:
www.5koshasyoga.com/events

Easy Way to Register:

- 1) Put phone camera up to the QR Code below



- 2) A link will appear on your phone screen. Tap on the link.
- 3) You will be directed to the registration links!

FEE: These classes are **free** to attend.

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com