

Yoga Atop Rib Mountain In-Person at the Rib Mountain Amphitheater!

Monday, June 8th – September 21st | 5:30-6:45 PM
Join us for the 17th Year



“Nature does not hurry, yet everything is accomplished.” – Lao Tzu

Breathe, flow, stretch, strengthen & with nature as your classroom. Feel rooted in the earth as you reach for the sky, inviting your breath to guide you through a fluid sequence of postures. A nourishing relaxation will conclude the class; short pranayama practices and meditations will be integrated into some classes.

Park pass is needed & is good for one year from purchase. Please view additional information here: <https://dnr.wisconsin.gov/topic/parks/admission>

5:30 PM Class begins at amphitheater. Dress in layers & bring your mat, water bottle & blanket or towel.

Before Attending: You must register, pay and have your waiver signed before attending class. View here: <https://5koshasyoga.punchpass.com/homepage>

Watch the 5 Koshas Website when inclement weather as class title will be changed when class is cancelled. Decision before 4 PM.

FEE: Use Your Class Pass or Monthly Membership.

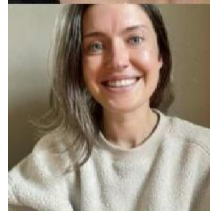
Questions? Contact The 5 Koshas Team at office@5koshasyoga.com
Contact Heather at Heather@5koshasyoga.com or text (715) 574-8787.



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E-RYT 200



Nelle Rutecki,
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Annie Lockwood,
RYT 200

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

Easy Way to Register: Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link. You will be directed to the registration links!

