

YOGA and WALKING Meditation

in the Nathan Manilow Sculpture Park



Tuesday, June 11, 2019

Tuesday, July 9, 2019

Tuesday, August 13, 2019

Tuesday, September 10, 2019

Tuesday, October 8, 2019

5:30 – 7:30 p.m.

Locations will vary so we will meet at:

“Illinois Landscape No. 5”

by John Henry

Park in East Lot 3 and meet at the
sculpture pictured below.

Liz Smith of serendipityyogaandwellness.com provides an opportunity to merge yoga, meditation and creative expression. Begin with a 45-minute yoga class designed for individuals with all-levels of yoga experience. Following class, you will be led through a walking meditation in the Nathan Manilow Sculpture Park. Participants will stop at each piece of art for a guided meditation designed to inspire creativity, peace and artistic expression.

Be sure to dress comfortably to move and walk. Participants should be able to bear weight in the hands and kneel. Bring water and a yoga mat. If you do not have one, extras will be available.

The event will be rescheduled if it rains.

Suggested donation of:
\$10 per person



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NATHAN MANILOW SCULPTURE PARK

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