

Media Advisory

Macomb County
Board of Commissioners



FOR IMMEDIATE RELEASE
May 29, 2019

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Free Outdoor Yoga Event Being Held June 8

WHAT: The fourth annual Yoga at the Hill is a free event where attendees are invited to participate in one or all of the yoga classes offered between 8:30 and 10:30 a.m. Those who pre-register will receive a t-shirt and an exercise band. There will also be a variety of local resource providers offering information, raffles and giveaways for attendees to enjoy.

To pre-register visit yogaatthehill.com.

The yoga schedule for the event is as follows:

Main Pavilion:

- 8:30-9:20 am: Basic Yoga
- 9:30-10:20 am: Intermediate Yoga
- 10:30-11:20 am: Meditation and Motion

Small Pavilion:

- 8:30-9:20 am: Kid's Yoga
- 9:30-10:20 am: Yoga Strong (with resistance bands)
- 10:30-11:15 am: Chair Yoga

This event is organized by the Macomb County Board of Commissioners and Bodhi Seed Yoga and Wellness Studio.

WHEN: Saturday, June 8.

WHERE: Freedom Hill, 14900 Metro Parkway, Sterling Heights

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