



city of  
**bristol**

## News Release

FOR IMMEDIATE RELEASE  
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### **Parks and Recreation bringing - Yoga in the Park**

How many times have you rode by parks when visiting other cities and seen groups of people participating in Yoga classes and thought, I would enjoy something like that?



Well it is here, yes, Yoga in the Park. Saturday mornings from 10:00 to 11:00 am on June 20, July 18, and August 15 in Anderson Park and it's free. Begin your weekend with a little peace and tranquility all while enjoying fresh air and the beauty of Bristol. All skill levels are invited, the only thing you will need to bring is a yoga mat or beach towel. Sessions are instructed by Bristol Yoga.

Yoga is more than just a fancy way of stretching. According to the Health and Fitness blog, there are at least eight good reasons to participate in Yoga classes. Yoga can lower stress and improve your mood, boosts confidence, lowers risk of injury, helps you lose weight, increases flexibility, improves muscle tone and strength, benefits breathing and lowers blood pressure, and improves your posture.

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