



Joseph Beuys Sculpture Park is on the south side of campus between the RAC and Hilltop Circle.

Restorative Flow Yoga in the Park!

Please join us for yoga in the Joseph Beuys Sculpture Park from Sept. 4th thru Oct.4th on **Tuesdays & Thursdays at 12noon.**

Certified Instructor Mel Freeman practices a Vinyasa Flow as well as a much slower Restorative Flow, which he will be starting in the park on Sept. 4th. This level of activity is especially appropriate for beginners as well as seasoned yoga practitioners. Please bring your own yoga mat or towel. Sign up buttons on MyUMBC and rain locations are linked for each date below. Contact: hrtraining@umbc.edu or 410-455-1440.

Supported by Center for Art, Design & Visual Culture and HR's Workplace Learning & Wellness Program through a gift from the TKF Foundation.

Dates of Yoga in the Park: (Sign up for each date at each link on MyUMBC.)

[9/4](#) (rain: UC 310) & [9/6](#) (rain: UC 312)

[9/11](#) (rain: UC 310) & [9/13](#) (rain: Main Street)

[9/18](#) (rain: UC 312) & [9/20](#) (rain: AOK Library Gallery)

[9/25](#) (rain: UC 310) & [9/27](#) (rain: Main Street)

[10/2](#) (rain: UC 310) & [10/4](#) (rain: UC 310)