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For immediate release

Yoga Among the Trees at Wehr Nature Center July 30

Franklin, WI (July 11, 2016) – Yoga Among the Trees, a new twist on yoga, will combine mindful walking and gentle yoga poses, for a morning of calm reflection. Led by a naturalist and a registered yoga teacher, the program will meet Saturday, July 30, from 8-10 a.m. at Wehr Nature Center, 9701 W. College Ave.

"Nature and trees can be the inspiration for a healthier lifestyle," Wehr Nature Center Director (and naturalist) Deb McRae said. "Our walk-and-talk along the trails will be like a guided meditation."

Leading the yoga component of the program will be Katy Martens, a registered yoga teacher with more than 12 years of teaching experience. She has worked with people of all ages and abilities in a variety of settings. With a background in kinesiology and Ayurvedic medicine, Martens tries to help people find balance in mind, body, and spirit.

Registration is required by Wednesday, July 27. The program fee is $17 per person or $12 per member of Friends of Wehr. Parking is $3 per car.

In other news at Wehr, Yoga for Wellness, a series of three-class sessions will be led by Martens. These weekly outdoor classes will focus on yoga postures, relaxation exercises, and stress-reduction techniques. No prior yoga experience is required.

The schedule is as follows: Session I, Sundays from 8-9 a.m., beginning July 17; Session II, Sundays from 8-9 a.m., beginning August 7; and Session III, Mondays from 6-7 p.m., beginning Sept. 12. Registration is due by the Friday before the first class. The Yoga for Wellness program fee per session is $35 per person; $25 for members of the Friends of Wehr.

To register or for more information, call Wehr Nature Center at (414) 425-8550.

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