

## **Mind, Body, Spirit – Ossining Schedule**

***June & July 2018***

*(updated June 7<sup>th</sup>, 2018)*

Please visit <https://www.facebook.com/townofossining/> for more information and to RSVP to a class that interests you.

### **June 2018**

**Friday, June 15th @ 3:30pm** – Recess Rocks with Open Door @ Nelson Park

**Saturday, June 16th @ 8:30am** – Rise and Shine Yoga with Elisha Simpson of Crossover Yoga Project @ Louis Engel Park, Westerly Road

**Saturday, June 16th @ 10:30am** – Belly Dance and Belly Dance Fitness with Delphi Dance Ensemble @ Louis Engel Park, Westerly Road

**Saturday, June 23rd @ 1:30pm** – Taekwondo with UMAC Briarcliff @ Ryder Park, 43 Morningside Drive

**Saturday, June 23rd @ 3:00pm** – Zumba with Sue Radparvar of Studio95 Zumba @ Louis Engel Park, Westerly Road

**Saturday, June 24th @ 9:30am** – Qigong (Chinese Yoga) with Ben Felcher Leavitt of Recovering Your Way Mindful Body Practice @ Cedar Lane Park Pavilion, 235 Cedar Lane

### **July 2018**

**Friday, July 6th @ 3:30pm** – Recess Rocks with Open Door @ Nelson Park

**Saturday, July 7th @ 3:00pm** – Zumba with Sue Radparvar of Studio95 Zumba @ Louis Engel Park, Westerly Road

**Friday, July 13th @ 3:30pm** – Recess Rocks with Open Door @ Nelson Park

**Saturday, July 14th @ 3:00pm** – Zumba with Sue Radparvar of Studio95 Zumba @ Louis Engel Park, Westerly Road

**Sunday, July 15th @ 1:00pm** – Tai Chi with Robert Chuckrow, Ph.D. @ Ryder Park, 43 Morningside Drive

**Saturday, July 21st @ 8:30am** – Rise and Shine Yoga with Elisha Simpson of Crossover Yoga Project @ Louis Engel Park, Westerly Road

**Saturday, July 21st @ 3:00pm** – Zumba with Sue Radparvar of Studio95 Zumba @ Louis Engel Park, Westerly Road

**Saturday, July 28th @ 3:00pm** – Zumba with Sue Radparvar of Studio95 Zumba @ Louis Engel Park, Westerly Road