

# Yoga and Lunch

At Little Ridge Farm

Sunday, August 1<sup>st</sup>

(Rain Date: Sunday, August 22nd)

11:00am – 1:00pm

**Beginner's Yoga with Instructor, Gabrielle Copeley**  
**Lunch & Learn with Holistic Health Coach, Kendall Scott**

Please bring your own Yoga mat. Comfortable clothing, bug spray and sun screen are recommended. The Yoga session will last approximately 1 hour, 15 minutes outdoors. Lunch will be served afterward, inside the barn. Registration closes Thursday, July 29<sup>th</sup>. Participants will be notified by phone if the event is postponed due to rain.

\*Questions about the Yoga? Call Gabrielle at 233-5093.

\*Questions about the Lunch? Call Kendall at 319-7747.

Detach form below and return with payment to:  
Little Ridge Farm, 101 Gould Rd, Lisbon Falls, Maine 04252.  
Please make checks payable to *Little Ridge Farm*.

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## Registration Form

Yoga and Lunch at Little Ridge Farm – Sunday, August 1<sup>st</sup> at 11:00am

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Payment, \$30 (please select one):  Check  Cash

Please list any food allergies: \_\_\_\_\_