

**FOR IMMEDIATE RELEASE:**

May 21, 2019

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**FREE YOGA OFFERED SATURDAYS AT VETERANS TRIBUTE PARK**



**ST. CHARLES COUNTY, MO** – Get active by nature at Yoga in the Park from 8 to 9 a.m., every Saturday, June through September, at [Veterans Tribute Park](#), 1031 Kisker Road in Weldon Spring!

This new program, taught by certified fitness instructor Eve Pearson, promotes community health, energizes the body and gives citizens a sense of inner peace. Participants are encouraged to wear loose fitting clothes, and to bring a mat or towel, sunscreen and water to drink. Classes will take place near the grassy area next to Shelter #3 in the park.

Yoga in the park is free and open to all ages. For more information or to register for the classes, call 636-949-7535 or visit <http://bit.ly/2019YogaInThePark>.

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**About St. Charles County Parks & Recreation**

The St. Charles County Parks & Recreation Department was created in 1997 after voters approved a local use tax with the sole purpose of park land acquisition, development, operations and maintenance. The department's mission is to preserve natural and historic features in areas throughout the county for the use of future generations. Today, the department operates 15 parks and consists of 3,643 acres of acquired park land. From historic homesteads to a youth skate park; from camping, hiking, biking, and fishing to weddings and educational classrooms, there's something for everyone in St. Charles County Parks.

For more information and specifics about each park, amenities, trails, and more, visit [stccparks.org](http://stccparks.org).