



National Park Service
U.S. Department of the Interior

Cuyahoga Valley
National Park

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Cuyahoga Valley National Park News Release

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Free Yoga Offered This Fall in Your National Park

Brecksville, Ohio – Cuyahoga Valley National Park (CVNP) offers a fall of FREE yoga! On Wednesdays, September 3, 10, 17, and 24, join certified yoga Instructor Nancy Holland as she focuses on steadily building and strengthening a yoga practice through a solid foundation of safe and strong alignment and yoga breathing.

All FREE sessions are held at the Ledges Shelter from 7 - 8:15 p.m. The Ledges Shelter is located on Truxell/Kendall Park Road, 1 mile west of Akron Cleveland Road, Peninsula 44264.

Why practice yoga outdoors? Exercising outdoors increases fitness levels, decreases stress, cleans impurities from your body, improves concentration, and raises your level of vitamin D. CVNP offers open spaces, the beauty of nature, and recreational activities that will get your heart pumping while you're having fun.

According to Holland, "I would encourage anyone, wherever they are in their lives and whatever they have experienced, to look at yoga as an opportunity to get to know themselves a little better."

CVNP encompasses 33,000 acres along the Cuyahoga River between Cleveland and Akron, Ohio. Managed by the National Park Service, CVNP combines cultural, historical, recreational, and natural activities in one setting. For more information visit www.nps.gov/cuva or call 330-657-2752.

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