



Yoga in the Park



Left: Tobogganing on Schoolmaster Hill, 1904

Below: Cross-country Skiing in Franklin Park during Snow Festival.

Photos Courtesy: Franklin Park Coalition.

Background: "Plan of F.L. Olmsted Estate Brookline, Mass." 1904. Plan by White and Wetherbee, Civil Engineers.

Courtesy: National Park Service/Olmsted NHS.

On Saturday, February 4, 2012 Frederick Law Olmsted National Historic Site and the Franklin Park Coalition will begin a series of four fitness-based programs in Franklin Park. The first program starts at the Franklin Park Golf Clubhouse at 11am with a brisk 2-mile cardio walk through Franklin Park and will be followed with a restorative yoga class inside the golf clubhouse led by Adrienne Sharigian, a certified Amrit yoga instructor.

The program explores the links between the design philosophy the park's designer, Frederick Law Olmsted, and the practice of Amrit yoga. As participants move through the landscape, they will be able to explore how the outer space of an intentionally designed landscape can provide opportunities for peace and tranquility. Similarly, as they experience Amrit yoga, they will be

able to explore how the inner space of an intentionally designed practice can provide opportunities for balance and relief.

GETTING FIT AT FRANKLIN PARK

Every Saturday 11am-1pm in the month of February, 2012 at the Franklin Park Clubhouse, 1 Circuit Drive, Dorchester, Mass.

Open to those new to Olmsted or Yoga.
Dress for both outdoors and indoors.
Yoga mats provided.

FREE of charge, but limited to 20 participants. Advance reservation required through 617-396-7918. www.franklinparkcoalition.org

More information on nation-wide initiatives for fitness-based programs in parks can be found at www.hphpcentral.com

