## CONNECT WITH NATURE THROUGH OUTDOOR YOGA AND FARM VOLUNTEERING!

Saturday, May 22 10AM - 1PM @ School Lunch Organic Farm Hackettstown, NJ



The event will include an hour of yoga with Kristen of <u>Compass</u>

<u>Yoga</u> followed by weeding, planting and fun farm chores with Farmer Margaret of <u>School Lunch</u>

<u>Organic Farm!</u>

\$18 advance registration required for participation in yoga.

Click here for <u>YOGA DETAILS AND</u> <u>REGISTRATION LINK</u>.

Please wear comfortable, sturdy shoes for farm volunteer work and bring a hat, sunscreen, water and a snack.

