

Ohio Health offers free yoga class on Saturday October 1st

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Hatha + Harmony. OhioHealth, the Renaissance Performing Arts, and Kingwood Center proudly present a free yoga class accompanied by a string quartet of the Mansfield Symphony Orchestra on Sat, October 1, 2016 from 10:30 AM – 11:30 AM.



The hatha yoga class with instructor Claudia Cummins will last 45 minutes. Registration is required, spots are limited.

The class will take place on the front lawn of Kingwood Center Gardens. Admission to Kingwood and the class is free, thanks to OhioHealth. Participants are encouraged to bring their own mats.

The class is free but registration is required. To register for free [click here](#).

Photo Credit: [Eventbrite Registration Page](#)

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