

Sunset Yoga at Fort Taber



by
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Yoga is one of those activities where you can get a great workout, relax and meet other people with similar interests. The amazing summer weather presents some fantastic opportunities to get out of the cramped Yoga studios and perform Yoga at some New Bedford landmarks like Wing's Court, Buttonwood Park and Fort Taber.

Starting Tuesday (12 June, 2012) Pam Teves of Southcoast Yoga hosts "Sunset Yoga" at Fort Taber (on the grass behind the fort) in New Bedford. This series will be an hour-long Vinyasa-style Yoga session starting at 6:30PM each Tuesday and will run throughout the summer. Rain dates are always Wednesday nights. Yoga practitioners are asked to bring a towel or mat, and water. There is a fee of \$5 per drop-in. You can contact southcoastyoga@gmail.com with any questions, or check Southcoast Yoga on Facebook for more details. See you there!

