

Yoga in the Park to return to Shelburne, offering free classes



Written By **Paula Brown**

Local Journalism Initiative Reporter

Shelburne residents will be able to stretch and move into the warmer seasons with the return of free yoga sessions in the park.

Shelburne Family Chiropractic & Wellness Centre and Apex Team Real Estate have announced the return of Yoga in the Park as well as new features coming to the program.

The complimentary yoga classes, known as Yoga in the Park, were started two years ago by Shelburne's Apex Team Real Estate, with the goal of promoting health and wellness in the community while also supporting the local food bank.

Inspired by the program, Shelburne Family Chiropractic & Wellness Centre reached out to the realtors about creating a partnership to expand the program to provide year-round classes.

‘We thought it was a great way to bring the community together and support wellness in our community, which our clinic is all about,’ explained Alexandra Georgie, co-owner of Shelburne Family Chiropractic & Wellness Centre. ‘Both of us believe in supporting the wellness of our community and yoga can be a crucial piece of that because it is a fantastic activity that not only forms community but also stimulates movement and positive exercise, which leads to stronger mental health.’

In the fall of last year, the two businesses began offering free winter yoga sessions, which were held at the agricultural centre. The program quickly outgrew the space and at the beginning of January, moved to Trinity United Church, located on Owen Sound Street.

Georgie said they see an average of 25 participants for each class but have also seen as many as 40 people in a session.

Adult classes of Yoga in the Park will begin on June 17 at 7 p.m. at Greenwood Park and will run until August 26. Classes will be led by Penny Leimbrock of Mindful Body Nutrition.

As part of expanding the free yoga program, Shelburne Family Chiropractic & Wellness Centre and Apex Team Real Estate will be

introducing a yoga class specifically for kids ages 11 and under.

Kids Yoga will begin on May 1 at Trainer Games with kids 6 and under scheduled for 6 p.m. to 6:25 p.m. and kids ages 7 to 11 from 6:30 p.m. to 7 p.m. The classes will be led by instructor Lindsey McFarlane Costard of Soham Yoga.

“She has additional training and focus because kids' yoga is a very different practice compared to adult yoga, so we're really excited to work with her,” said Georgie.

A significant part of the complimentary yoga program is the food donation collection for the Shelburne Food Bank. In lieu of having to pay, participants are instead asked to bring items to donate to the food bank.

“The community has been very generous with providing a food bank donation. We've made several drop-offs to the food bank the past two years,” said Georgie. “It's a win, win overall. We're stimulating wellness and positive community through activity while also supporting those experiencing challenged in feeding themselves, which is equally as important.”

No Registration or signup is required to attend the Yoga in the Park or Kids Yoga sessions. All sessions are free.