For Immediate Release

Ozark Greenways Fundraiser: "Yoga on the Trail"

In celebration of International Yoga Day, join Ozark Greenways for a yoga fundraiser on the Old James River Iron Bridge on Galloway Trail, 9:30 – 11 a.m., Saturday, September 25 Galloway Creek Greenway, Old James River Bridge! A yoga class will take place right on the historic iron bridge, with gorgeous views of the James River from all sides. It is open to anyone who would like to participate.

Taught by Abbe Ehlers and Sally Larson (RYT-500 certified), this is a class for everyone. Kids younger than 10 are welcome, as long as they are with an adult. Participants are asked to bring their own yoga mat. There will be limited parking, so carpooling is highly encouraged. Parking will be available on the east side of the bridge, and overflow parking will be available at the Missouri Department of Conservation’s Southwood Access boat ramp. From 9-9:15a.m., there will be a shuttle from Southwood Access to the bridge, otherwise there will be walking time of about 10 minutes from the parking lot to the bridge.

Cost is a suggested minimum donation of $15 to Ozark Greenways. A matching grant for all donations will come from the event sponsors. Rain date will be the following morning, with the same details.

See the organization’s website for a map and information about activities: www.ozarkgreenways.org.

For more information, contact: Terry Whaley, Ozark Greenways – (417) 864-2014 or Lori Tack, Ozark Greenways – (417) 864-2015