

With Time For You

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City of Richmond

Macomb County's "Meet Me on the Trail Day" is set for Saturday, September 25, 2021.

In partnership with the City of Richmond, Wild Flower Yoga & Pilates will be hosting a donation-based 45-minute gentle yoga and meditation practice at the Macomb Orchard Trailhead on



Saturday, September 25th starting at 9 a.m.



Meet me on the Trail is a one-day event designed to promote health & wellness and celebrate the growing trail system in Macomb County through education, recreation, and stewardship events. These events include (but are not limited to) nature hikes, bike rides, restoration projects, fishing lessons, picnics, kids' games, presentations, and more! For more information on Meet Me on the Trail Day, please visit:
<https://www.macombgov.org/index.php/living-meet-me-on-the-trail-day>

This class will be guided by Wild Flower Yoga Studio instructor Andrea Rose, who is also a birder and nature lover who enjoys practicing mindfulness in the great outdoors.

To participate, please register at <https://www.wildfloweryoga.net/events>. Participants will meet near the Richmond trailhead to the Macomb Orchard Trail. Bring your yoga mat and comfortable clothes (feel free to bring a blanket too).

This will be a donation-based practice, so bring whatever cash you feel called to give, and we'll donate it to our Pay It Forward program at the studio, more info on that can be found at our website at:
<https://www.wildfloweryoga.net/pay-it-forward-program>