



**MEDIA RELEASE
FOR IMMEDIATE RELEASE**

June 11, 2021

RISE Yoga in the Park offers free yoga classes Saturdays until the end of August, beginning June 19

Smiths Falls – The Town of Smiths Falls is pleased to announce the RISE Yoga in the Park will be taking place Saturdays until the end of August in Centennial Park beginning Saturday, June 19, 2021 between 10 a.m. and 11 a.m.

The goal of this event is to increase access to health-focused activities provided in a COVID-friendly environment, while celebrating the beauty of Smiths Falls in summer, along with the UNESCO World Heritage Site, the Rideau Canal.

“We are so pleased that RISE Yoga in the Park will be offered this summer in Centennial Park,” said Becky Allen, Economic Development & Tourism Coordinator for the Town of Smiths Falls. “This event aligns with the Town’s strategic plan by bringing life to the waterfront and creating health focused initiatives to improve the health and happiness of citizens and visitors alike.”

RISE Yoga in the Park will be offered between 10 a.m. and 11 a.m. every Saturday (weather permitting) until Saturday, Aug. 28. During the month of August, yoga sessions will be followed by a wellness session which will end at noon.

Participants are invited to bring a mat and water to Centennial Park to take part in a physically distanced yoga class. Each week a different instructor from the Smiths Falls and area will guide the class. Classes are free to attend.

The event is organized by the RISE Yoga Festival committee, in partnership with the Town of Smiths Falls. The RISE Yoga Festival was held for the first time in 2019 but has been postponed in 2020 and 2021 due to COVID-19 and ongoing health restrictions.

“At its core yoga is about unity with one’s authentic self and community through many different forms,” said Jarryd Lee, RISE Yoga Festival Committee Chair and yoga instructor. “We’re excited to celebrate and share local wellness professionals approaches to fostering a healthy mind and body.”

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