



FOR IMMEDIATE RELEASE- 3/17/2022

Hamilton, OH - Pyramid Hill Sculpture Park and Museum's hit event Yoga in Nature returns with a new instructor for 2022!

Pyramid Hill Sculpture Park & Museum is excited to announce a new session of Yoga in Nature with instructor Anna Conese. Yoga in nature will have four five-week seasonal sessions, beginning with a Spring Session that starts on April 7. Classes will take place in the beautiful meadow outside of the Lodge area of Pyramid Hill, weather permitting. The class is for yogis of all skill levels, even first timers. The classes happen every Thursday at 6:00 p.m. from April 7- May 5. Each class is 1 hour long. There are two ways to experience Yoga in nature:

The Drop-In Pass is \$15 and grants you access to a single class.

The All-Class Pass is \$60 for all 5 classes in a session (saving you \$3 per class).

(Missed classes can be made-up by contacting Pyramid Hill)

Students are asked to bring A yoga mat and/or beach towel & water bottle. It is also important that you dress in comfy clothes that you can easily move and stretch in. Finally, it is preferred for students to arrive 15 minutes prior to each workshop.

Instructor Anna Conese is a lifelong resident of Hamilton who has been practicing yoga since 2010. She graduated from Root Yoga's RYT 200 program in May of 2019 through the Yoga Alliance and has been teaching ever since. She is trained in Hatha and Vinyasa, and although she finds herself personally inclined toward powerful flows, she loves teaching to all levels of rigor and experience. Her Vinyasa workshop focuses on the union of body and mind through breath work, as well as deep tissue stretching to improve flexibility. Through articulate verbal queuing and optional hands-on adjusts and assists, she helps her students safely find their body's fullest expression of every posture.

Enrollment for the Spring Session is open and you can register at:

<https://www.pyramidhill.org/yoga-in-nature>

If you can't join us for the Spring Session, April 7- May 5, don't worry, you can still join us for the Summer Sessions, as well as the Fall Session:

Summer Session Part 1: Thursdays, May 12–June 9.

Summer Session Part 2: Thursdays, August 25–September 22.

Fall Session: Thursdays, September 29–October 27.

Pyramid Hill Sculpture Park & Museum brings people to art in nature. The park features over sixty pieces of monumental outdoor sculpture in a natural setting of hills, meadows, and forests. The Ancient Sculpture Museum features Greek, Roman, Etruscan, Syrian, and Egyptian sculpture dating to 1550 B.C.

For all questions and inquiries on Yoga in Nature, please email Zach at zrobinson@pyramidhill.org.

Pyramid Hill Sculpture Park & Museum | 1763 Hamilton-Cleves Rd. Hamilton, OH
| www.pyramidhill.org | (513) 868-8336