

BRING YOUR MAT • ALL LEVELS
WELCOME

YOGA IN THE PARK

FREE COMMUNITY EVENT



Breathe deeper. Move
freely. Connect outdoors.

Meet the Instructors



Candace Rudd

With more than 25 years of experience, Candace brings yoga into everyday life through movement, breathwork, meditation, and mindfulness. Her classes include vinyasa, gentle stretching, and chair yoga for all levels, helping participants quiet the mind and age with grace and ease.

Walton Location



Lindsay O'Brien

Lindsay began her yoga journey in 2003 and trained in Wholistic Yoga Therapy, prenatal and postnatal yoga. She is also a Birth and Postpartum Doula. Now living in the Catskills with her family, Lindsay offers fluid, meditative classes emphasizing breath, mindful movement, and connection with the body's sensations.

Stamford Location

Event Schedule

STAMFORD VETERANS PARK

September 14 • 10:00 AM
September 21 • 10:00 AM

WALTON RIVER WALK GREEN SPACE

September 15 • 1:00 PM
September 22 • 1:00 PM

Mats available for use

Cornell Cooperative Extension
Delaware County

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