

Wine and Yoga

Parks and Recreation teamed up with Crescent Moon Winery to offer the first Yoga Vino Vinyasa Workshop. The evening started with an hour of yoga and finished with a wine tasting of six different wines and pairings of some lite bites within the stunning grounds of the winery. The program was at capacity, but another session has been planned in August.



LPRD Teams Up With Lawrence Public Library

Parks and Recreation teamed up with the Lawrence Public Library's summer reading program in early June by exposing children to various aspects of fitness. Three LPRD fitness instructors offered demonstrations in yoga, Zumba and stretching. Children were divided into three groups and rotated every 10 minutes, so all could experience the different components of living a fit lifestyle. The Children also participated in a basketball session led by Jeff Hawkins, LPRD recreation programmer and former KU basketball player, who served as a guest speaker for the event.

