

Free Weekly Yoga Classes and Happy Hour in KOP This Summer

BY **ADJUA FISHER** | JUNE 16, 2014 AT 11:03 AM

Get ready to squeal with joy, King of Prussia yogis. The King of Prussia District has teamed up with the folks of Lululemon and **Stillpoint Yoga Studios** to bring you a free outdoor yoga class, held at 1000 First Avenue (at the Maschellmac Office Complex), every Tuesday evening. And the good news doesn't stop there: Each week, the 45-minute class will be followed by a free healthy happy hour with refreshments courtesy of Wegmans.



The very first Yoga Happy Hour, last Tuesday.

The yoga session will begin every Tuesday at 5:15 p.m. and all levels of yogis are welcome. Just grab your mat, a towel and a bottle of a water and head to First Avenue ready to get your sweat on. The weekly class, which kicked off last Tuesday, will run through the end of July. You can find more info **here**.