

# MIND-BODY-EARTH DAY!

**Join Us for Energy, Activism & Fun!**

**Sunday July 10th from 11am - 3pm**

## **ENERGY**

- Yoga: All Levels Hatha Flow with Cleo Post, Rainbow Body Yoga
- Reiki Sessions by Reiki Master Meredith Cavanagh, Rev.
- Intro to Aikido Class (no experience necessary)
- Aikido Weapons & Freestyle Demo
- Guided Meditation Session

## **ACTIVISM**

- See solar energy at work in our carbon negative dojo!
- Fight Climate Change with resources by Riverkeeper, Scenic Hudson, Food & Water Watch, Coalition Against Pilgrim Pipelines & more
- Bat House Building Workshop

## **FUN**

- Zombie Apocalypse Face Painting by Ana Frost
- Local Farm & Artisan Vendors
- Pibble Kissing Booth
- 50/50 Cash Raffle

**Live Music by Future350 Bossa**

**Food by Pippy's Hotdog Truck**

(locally sourced, beef, veggie, gourmet toppings & sides)



# **RIVERTIDE AIKIKAI**

**3198 Old Kings Road just off Route 23A in Catskill**

**www.rivertideaikikai.org 518-943-4000**