

# JOIN HERRINGTON MANOR FOR A NEW YEAR POSE & HIKE!

**Saturday, January 5th**

**-YOGA WITH JAM YOGA: 9:00-10:00**

**-RANGER LED HIKE: 10:15-11:15**

Where: Herrington Manor SP, Lake House

Cost: Free! (Park entrance fees apply)

Questions: Contact Herrington Manor SP:

301-334-9180

- \* BRING YOUR YOGA MAT OR TOWEL AND COMFORTABLE HIKING SHOES
- \* RAIN OR SHINE

.....



Find Herrington Manor State Park on Twitter:

@HerringtonMnrSP

Find JAM Yoga on instagram: jettvandme

