

PARKING DAY 2019

NATURE IN THE CITY: PUBLIC POLLINATORS

September 20, 2019 9AM - 5PM

Bayard Street in front of New Brunswick, NJ City Hall



PROGRAM SCHEDULE

9:00	Opening Peace Meditation
9:30	Lymph-Stim Breath Walk in the City
10:00 - 12:00	Helping Hands Sculpture Making with Lower Raritan Watershed Partnership
10:30	Kundalini Yoga Detox Challenge
11:00	Zumba
11:45	Gentle Yoga
12:15	Crystal Bowl Sound Healing
12:45	Meditation & Chanting
1:00 - 2:00	Acoustic Guitar
3:00	Peace Meditation
4:00	Yoga Flow
4:30	Pilates
5:00	Closing Peace Meditation

WELLNESS OFFERINGS

10:00 - 11:30	Reiki Energy Healing
11:00 - 3:00	Chair Massage

ONGOING

Aromatherapy Station - Sensory Garden

Make-Take-Shake-Share:
Recycled containers are turned into musical shakers. Make 1 for yourself and leave 1 for use in our community drum & dance programs!

Prescription Park Sign-up: Get a customized recommendation on a walking therapy to improve your wellness!

Jam sessions with Amanda Leifer!