

YOGA Uncorked



Yoga + Wine + Dessert

Indulge in a relaxing yoga session with gentle movements synchronized with your breath.

Tuesday, June 18

7 pm - 9 pm

Duportail House
297 Adams Dr, Chesterbrook

Tickets: \$30

www.tredyffrinhistory.org

Questions: (610)644-6759

Ticket Sales are limited.



Get ready to zen out in a 60-minute yoga session at the historic Federal Barn with educator and certified yoga instructor Jamy Velho! Afterwards, treat yourself to some vino and tasty treats at the Jones Log Barn Living History Center. This event is super casual (wear comfy clothes) and open to everyone, no yoga experience needed.

Flow through some gentle moves, syncing your breath with your body for ultimate relaxation and flexibility. If you prefer seated poses, chairs will be available. Just remember to bring your mat or towel, and we've got your H2O covered!

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