



YOGA IN THE PARK



The City of Dayton and Dayton Schools are providing no-cost activities all summer as part of their 2025 Summer Series. Join us for a diverse assortment of programming including: yoga, concerts, entertainment, games and more all located in Dayton, Kentucky Parks. This vibrant series invites community members of all ages to come together and embrace the joys of summer and community.



FREE TO THE PUBLIC

LOCATION

MONUMENT PARK

709 6TH AVENUE, DAYTON, KY 41074

DATES/TIMES

SELECT SATURDAYS IN SUMMER 2025 AT 9:00 A.M.

- MAY 3RD
- JUNE 7TH
- JUNE 21ST
- JULY 5TH
- JULY 19TH
- AUGUST 2ND
- AUGUST 16TH

VIEW THE CITY
CALENDAR HERE:



MEET YOUR YOGA INSTRUCTOR

Stephanie began her yoga journey over a decade ago and is a certified multi-style yoga instructor specializing in vinyasa sequences. With a background in competitive gymnastics, she was drawn to yoga for its balance of physical challenge and inner peace. Over the years, her passion has flourished, and she now finds joy in sharing its transformative benefits. Her teaching style nurtures both self-connection and physical well-being within a welcoming and supportive space. Stephanie loves exchanging warm energy and experiences with everyone she meets.