DeCordova Sculpture Park and Museum
51 Sandy Pond Road
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FOR IMMEDIATE RELEASE

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DeCordova Sculpture Park and Museum Introduces “Yoga in the Park” with Stil Studio

Lincoln, MA, June 16, 2010 – DeCordova Sculpture Park and Museum will host a day filled with fitness and relaxation for the entire family on the beautiful grounds of the Sculpture Park on Saturday, August 7, 2010. DeCordova welcomes Stil Studio, the acclaimed yoga studio at Dedham’s Legacy Place, to lead “Yoga in the Park,” with free classes for both children and adults.

The owners of Stil Studio, Kevan Gale and Betty Riaz, chose deCordova for this first “Yoga in the Park” event because of the Sculpture Park’s inspiring beauty and tranquil landscape. Gale and Riaz believe that practicing yoga is just as important for children as adults because of its ability to encourage self-confidence and healthy living.

Two half hour classes for children will be offered in the morning followed by an hour long class for adults of all levels. Families are welcome to join their children in the morning classes.

EVENT SCHEDULE: “Yoga in the Park”
Saturday, August 7, 2010

10-10:30am: Yoga class for 2-6 year olds will encourage children to use their imaginations while releasing some energy. They will go on a jungle adventure using car, boat, and airplane poses to get there, and pretend to be the animals and plants that they “see” along their journey (such as lions, elephants, monkeys, lizard, trees, and flowers).

11-11:30am: Yoga class for 7-11 year olds will focus on coordination, concentration, and balance, while encouraging love for oneself and respect for others. Warrior poses will help to develop confidence while practicing each pose, and games like “Yoga, Yoga, Pose,” a fun variation on “Duck, Duck, Goose,” will have them giggling with excitement.

12pm: One hour adult PranaVayu Yoga class taught by Stil Studio director Kevin Gale is open to all levels. The class will feature a flowing vinyasa sequence set to the live music of The Grass Gypsies, a new age folk/soul/rock duo, and will end with 15 minutes of savasana, the ultimate relaxation experience.

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In addition to the complimentary yoga classes, deCordova will offer art making activities on the lawn for children during the noon adult class. DeCordova is also pleased to welcome The Grass Gypsys who will perform live in the Park. Beverages and healthy snacks will be available for purchase. Those participating in “Yoga in the Park” will receive complimentary admission to the museum. Currently on view: Chakaia Booker: In and Out; Barbara Norfleet: Landscapes of War; Out of the Box: Photography Portfolios from the Permanent Collection, and PLATFORM 3: Halsey Burgund, Sapes, which opens July 13.

**Reservations:** Reservations are required for this event. To reserve a spot for yourself or your family in any of the three classes being offered, please call 781.407.YOGA (9642) or email: decordova@stilstudio.com. Please RSVP by Thursday, August 5. For more information about the instructors or the studio, please visit [www.stilstudio.com](http://www.stilstudio.com).

**About deCordova**

DeCordova Sculpture Park and Museum was established in 1950 to educate the public about American contemporary art. DeCordova’s unique campus features both indoor and outdoor venues, allowing its visitors to celebrate and explore contemporary art across 35 acres. Inside, the Museum features a robust slate of rotating exhibitions and innovative interpretive programming. Outside, deCordova’s Sculpture Park hosts more than 60 works, the majority of which are on loan to the Museum. DeCordova also offers the largest non-degree granting studio art program in New England. DeCordova Sculpture Park and Museum attracts more than 100,000 visitors from New England and tourists from around the world to its campus each year and enrolls more than 3,000 students of all ages in its studio art program.

**General Information**

DeCordova is open Tuesday through Sunday, from 10am to 5pm and on selected Monday holidays. General admission during Museum hours is $12 for adults; $8 for senior citizens, students, and youth ages 6-12. Children age 5 and under, Lincoln residents, and Active Duty Military Personnel and their dependents are admitted free. The Sculpture Park is open year-round during daylight hours. Guided public tours of the Museum’s main galleries take place every Thursday at 1pm and Sunday at 2pm. Tours of the Sculpture Park are given on Saturday and Sunday at 1pm from April to October. All guided tours are free with Campus admission. Visit [http://www.decordova.org](http://www.decordova.org) or call 781.259.8355 for further information.

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