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Awaken Your Senses at Fall Colors Yoga and Stroll

GENEVA, IL — As we watch the seasons change, there is an opportunity to slow down and connect with nature. Experience the beauty of autumn at “Fall Colors Yoga and Stroll” on Thursday, Oct. 15, from 5:30 to 7:00 p.m. at Fabyan Forest Preserve in Geneva.

Participants will begin with a naturalist-guided stroll through the colorful woodlands of Fabyan Forest Preserve. After a brief walk, attendees will engage in mindful movements and meditation with yoga instructor Jared Fedota from YogaSix studio in Geneva.

Wear comfortable clothes and dress for the weather. Please bring your own water bottle and yoga mat.

This program is for ages 18 and above. The fee is \$30 per person. Advance registration is required. To register, visit www.kaneforest.com/register, call 630-444-3190 or email programs@kaneforest.com.

Please note that Fabyan Forest Preserve has multiple entrances. This program will meet at 1500 Crissey Ave., off Illinois Route 25 in Geneva.

For more information, or to explore more nature programs, visit www.kaneforest.com and follow the Forest Preserve District of Kane County on social media by searching @forestpreserve.