



GOVERNMENT OF THE VIRGIN ISLANDS OF THE UNITED STATES

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DEPARTMENT OF PLANNING AND NATURAL RESOURCES

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## **OUTDOOR YOGA & NATURE WALK AT ST. CROIX EAST END MARINE PARK – FRIDAY, OCTOBER 3RD**

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Commissioner Jean-Pierre L. Oriol of the Department of Planning and Natural Resources is pleased to announce that the Division of Coastal Zone Management, in partnership with Friends of the St. Croix East End Marine Park, will host a special outdoor event: Yoga and Nature Walk, taking place on Friday, October 3rd at Estate Great Pond Park (formerly Camp Arawak).

**Yoga Session:** 8:30 AM – 9:30 AM

**Nature Walk:** 9:45 AM – 10:30 AM

Start your morning with a gentle vinyasa yoga session led by the East End Marine Park Outreach Coordinator, followed by a relaxed nature walk through the park. Participants will explore the local flora and fauna and learn about upcoming conservation efforts aimed at protecting St. Croix's natural resources.

This free educational event is open to individuals ages 8 and up. Space is limited, so RSVP is required.

### **What to Bring:**

A yoga mat or towel  
A water bottle  
Light, comfortable clothing

### **How to Register:**

Call: (340) 718-3367 or Email: [stxeempoutreach@dpnr.vi.gov](mailto:stxeempoutreach@dpnr.vi.gov)  
Or search "Yoga and Nature Walk" on Eventbrite.com

Come connect with nature, move your body, and learn how you can support the preservation of our island's beautiful ecosystems.