



GOVERNMENT OF THE VIRGIN ISLANDS OF THE UNITED STATES

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DEPARTMENT OF PLANNING AND NATURAL RESOURCES

4611 Tutu Park Mall
Suite 300, 2nd Floor
St. Thomas, VI 00802
(340) 774-3320

45 Mars Hill, Frederiksted
St. Croix, VI 00840
(340) 773-1082
dpnr.vi.gov



Office of the Commissioner

Contact: Jamal Nielsen, Media Relations Coordinator

jamal.nielsen@dpnr.vi.gov

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FOR IMMEDIATE RELEASE

DPNR AND FRIENDS OF THE ST. CROIX EAST END MARINE PARK INVITE COMMUNITY TO YOGA AND NATURE WALK

Commissioner Jean-Pierre L. Oriol of the Department of Planning and Natural Resources (DPNR) announces that the Division of Coastal Zone Management, in partnership with Friends of the St. Croix East End Marine Park, will host a free outdoor education and wellness event: **YOGA AND NATURE WALK** on **Friday, November 7th and Saturday, November 8th** at the Estate Great Pond Park (former Camp Arawak site).

Schedule:

- Yoga: 8:30 a.m. – 9:30 a.m.
- Nature Walk: 9:45 a.m. – 10:30 a.m.

Start your morning with gentle vinyasa yoga and stretching led by the East End Marine Park outreach coordinator. After yoga, enjoy a casual walk through the park to learn about local plants, wildlife, and upcoming conservation projects designed to protect St. Croix's natural resources.

What to Bring:

- Yoga mat or towel
- Water bottle
- Light, comfortable clothing

To reserve your spot:

- Call (340) 718-3367
- Email stxeempoutreach@dpnr.vi.gov
- Or sign up online by searching "Yoga and Nature Walk" on <http://eventbrite.com>.
- This family-friendly event is suitable for ages 8 and up. Space is limited, and RSVP is required.