



Bearfoot in the Park

KNOW BEFORE YOU GO!

DATE: Saturday, April 24th and Sunday, April 25th
TIME: 9:00am
LOCATION: Kelsey-Hutchinson Park
Pine Street, Highlands, NC 28741

SUMMARY & SCHEDULE

Bear Shadow is proud to partner with [The Works](#) for a Soulful Fitness Experience in Kelsey-Hutchinson Founders Park. The Works is a soulful fitness experience that is a blend of powerful vinyasa yoga, meditation, cardio, breath work, plyometrics, core, and strength work. This class is an opportunity to go beneath the asana and push yourself out of your comfort zone while working through the excess that builds in our day to day life. We open up to our own humanness and connectivity by shedding layers of doubt, fear, and resistance.

For an informational video about what to expect, please visit [here](#).

****Attendees must bring their own mats due to COVID-19 protocol. This event is weather contingent. In the event of inclement weather, all ticket holders will be messaged via Universe.***



SPONSORS

Presented by The Works, Select Bank, and Dalai Sofia Ferments

COVID SAFETY

All guests must take a COVID questionnaire and submit to a temperature check before grabbing a spot in the park. We will have spaces marked that provide proper social distancing.

WEATHER

This event is weather contingent. If inclement weather arises, guests will be contacted via Universe to notify them of event cancellation.

DRESS

Please dress in active wear and for appropriate weather. Mornings in the spring will be chilly!

MATS

Due to COVID, we cannot supply mats. Please bring your own mats. Our team will be there to help socially distance all participants in the park.

TICKETING FAQ:

Where can I pick up my tickets?

You were sent your tickets via email from Universe. You must show your barcoded event tickets from Universe, either on your phone or with printed copies. If you cannot locate your tickets, please let us know at info@bearshadownc.com and we will be happy to resend.

My tickets were free, so do I have to show up?

Yes! We have had overwhelming response for this experience. Because we can limit this only to 100 people, we are only able to issue 100 tickets per day. If you do not show, you are not allowing someone to attend. Please make best efforts to attend this event. It will be a great way to start your Bear Shadow day.