



## Bearfoot in the Park ***KNOW BEFORE YOU GO!***

**DATE:** Saturday, April 30th and Sunday, May 1st  
**TIME:** 9:00am-10:00am  
**LOCATION:** Kelsey-Hutchinson Park  
411 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. This event is weather contingent. In the event of inclement weather, all ticket holders will be messaged via Universe.***

### **SPONSORS**

Presented by Bear Shadow / Highlands Festivals, Inc., and The Works.

### **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**

Please bring your own mats as they will not be provided. 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](mailto: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.