

Subject: Fwd: Proposal for a Summer Sunrise Yoga Series in the Arboretum, for the Fort Williams Advisory Commission Meeting April 19
From: "Robert Malley" <robert.malley@capeelizabeth.org>
Date: 4/11/2012 2:05 PM
To: "Bill Nickerson" <wnicker2@maine.rr.com>

Here it is, Bill

Bob

----- Forwarded message -----

From: Maria <maria@maine.rr.com>
Date: Wed, Apr 11, 2012 at 1:16 PM
Subject: Proposal for a Summer Sunrise Yoga Series in the Arboretum, for the Fort Williams Advisory Commission Meeting April 19
To: Robert Malley <robert.malley@capeelizabeth.org>
Cc: Kathryn Bacastow <kjbacastow@roadrunner.com>

Proposal for a Summer Sunrise Yoga Series offered by The Arboretum at Fort Williams Park

This class will be an open educational offering from the Arboretum to the community at large. It will be a drop-in yoga class once a week (EITHER Tuesday, Wednesday or Thursday morning, at BOTH 6:30-7:30 a.m. and 8:00-9:00 a.m.) to be held in the "Amphitheater" of the new Cliffside Arboretum site, utilizing the stone "stage" area and the surrounding terraced grass area at Cliffside. The class will be open to adults of any age at the beginner/intermediate physical level, with less emphasis on physical rigor and more on metaphysically connecting with the beauty of the site and the surrounding natural environment. We will announce the class in Cape Elizabeth and throughout the greater Portland area and participation will be first-come, first-served with no regard to residency.

While we will not charge a fee, participants will be invited to donate to the Arboretum after the class. We will have a donation box present each day, and people can donate as they wish. We plan on 15-20 participants for each session.

The yoga instructor will be Heather Altenburg of Cape Elizabeth. Heather will also recruit back-up instructors to cover for her on vacation/sick days.

Heather will be paid an hourly fee by the Arboretum and we will pay her from the proceeds of the donation box, retaining any remainder for the Arboretum. The main goal is to get people into Cliffside and excited about the place and the plan, however, not to make money. I'd like to present this as an "offering" from the Arboretum to the community, much as the Arboretum itself is a gift to the community.

We would like to start the class in late June, possibly on June 21, the Summer Solstice. The plan would be to continue the classes weekly until late September for about 15 sessions, weather permitting. Throughout that time we would hold class under all but seriously cold or wet weather conditions.

Please call Maria Gallace of the Arboretum Steering and Education Committees at 799-3293 with any further questions.

— Attachments: —

Maine Historical Society FWP Request.pdf

1.4 MB