

**CONTACT:**  
Rachel Ezekiel-Fishbein  
267-679-2463  
[Rachel@Makingheadlinespr.com](mailto:Rachel@Makingheadlinespr.com)



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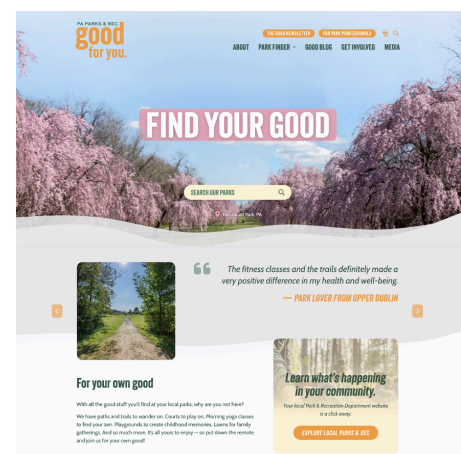
## **OUTDOOR YOGA CLASSES IN PENNSYLVANIA'S LOCAL PARKS ARE THE BEST DEAL IN TOWN THIS SUMMER**



### **[GoodforPA.org](https://www.goodforpa.org) Can Help Residents Find Classes Near Them with its New “Explore Local Parks & Rec” Button**

**STATE COLLEGE, PA – (May 28, 2025)** – About 1 in 6 adults in the United States practices yoga, according to the Centers for Disease Control and Prevention. But with consumers continuing to worry about rising prices, yoga can be an expensive practice. A single class in a yoga studio typically costs \$20-\$25. This month, the Pennsylvania Recreation and Park Society (PRPS) added a button to its [Good for You. Good for Pa.](https://www.goodforpa.org) website to help residents find free, donation-based and low-cost outdoor yoga classes in many of Pennsylvania's 6,510 local parks.

Across Pennsylvania, park and recreation professionals have seen increasing interest in outdoor yoga classes since the COVID-19 pandemic. Many attribute it to the well-documented U.S. epidemic of loneliness and anxiety. Practicing yoga outside in one's community combines multiple benefits, including social interaction, wellness, stress reduction, increased flexibility and strength, and a multi-sensory experience.



“Having outdoor yoga throughout the summer is a great way for residents and nonresidents to build community with one another. It gets them outside, exploring the parks in their area, and allows them to have an experience that benefits their minds, bodies and souls,” said Chloe Pauls, Recreation and Communication Coordinator of North Whitehall Township in the Lehigh Valley. A new, donation-based Yoga in the Park series at Neffs Valley Park in Schnecksville, Whitehall Township, will kick off this June.



According to the Pennsylvania Recreation and Park Society (PRPS), which operates [goodforpa.com](http://goodforpa.com), making yoga affordable and moving it to a welcoming, outdoor community space lowers barriers to entry. This makes yoga more inclusive and less intimidating for people of all ages, shapes, incomes and experience levels.

“Bringing yoga outdoors at no or little cost gives people the ability to try something new, to be outside and get a much-needed break. It offers a way to meet new people and make friends with very little financial risk,” said Ashley Broudy, Director of Parks and Recreation in Hatfield Township outside of Philadelphia. Hatfield Township is hosting a free yoga

practice at 7 p.m. on June 21 for International Day of Yoga at the Hatfield Township Arboretum. Participants are asked to bring a canned good or other food item to go to a local food pantry. In July, the township will offer free pop-up classes.

Yoga teacher Julie Lang, who teaches weekly outdoor classes in St. Mary’s, PA, concurs: “Having classes at the park definitely eases the anxiety of entering a studio, especially if you are a newcomer to yoga. Showing up on neutral ground that everyone shares can be more comforting than intimidating. We see students of all ages who come to work out, stretch, meditate or just be with other people.”



Like some other municipalities, St. Mary’s in North Central Pennsylvania, offers themed yoga classes, including Full Moon Yoga each month and The Freedom Flow, a celebration on July 2 for which participants are invited to dress in red, white and blue. Proceeds of The Freedom Flow support the St. Mary’s Fourth of July fireworks celebration. These outdoor classes are designed for all levels, and parents often bring their children with them to enjoy the time outdoors together.

Farther west, outside of Pittsburgh, Upper St. Clair Township has turned outdoor yoga into an evening out, by adding a bonfire and s'mores to create Yoga Under the Stars. Fitness Supervisor Katy Walker says people are starving for social engagement and want to better themselves, making this and similar offerings across Pennsylvania "the total package."

"Yoga under the Stars combines wellness, fitness and socialization. It makes yoga more attainable, because even the drop-in rate is cheaper than a typical yoga studio. Right now, working out and doing something social after is very popular. People want to try new things, but they need them to be affordable," said Walker.



The schedule for outdoor yoga classes in each municipality varies. Many classes are drop-in; some ask residents to sign up for a multi-week session. Classes are often free or donation-based. Some municipalities charge a \$10 or \$15 fee per class. Classes are typically designed for all experience levels. Children are welcome at many. Don't forget to bring a yoga mat or towel to practice on and a water bottle. Classes typically range from 60 to 90 minutes.

Pennsylvanians can search for outdoor yoga classes and other activities by exploring their local park and recreation website: <https://www.goodforpa.com/get-involved/recreation-and-park-agencies/>

Pennsylvania is home to more than 6,510 local parks. The Pennsylvania Recreation and Park Society (PRPS) represents Pennsylvania's 2,227 park and recreation departments and the professionals who ensure they are safe, clean and accessible. The "Good for You." campaign serves as a statewide advocacy channel for the essential and irreplaceable nature of local parks and recreation in Pennsylvania's communities. It is inspired by the understanding that local parks and recreation improve the lives of Pennsylvanians.

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