



30TH ANNIVERSARY

Yoga in July with Soul Shine Studios

by Kathleen Halpaus

Yoga outside in July might sound like a risky move, but during the Summer of Covid-19, it was a great opportunity to finally get out of the house and see people, not on a screen, but in person! And, as luck would have it, it ended up being a beautiful evening.

Four of us, along with the amazing Soul Shine Studios instructor, Jessica Forsythe, gathered in the central event space at Stony Point Fashion Park for a nice, relaxing and easy yoga practice that lasted about an hour. Jessica was very aware that it was summer and kept us moving at an easy pace. She was also kind enough to avoid making us do much floor work that would have us laying on the hot ground. It was a lovely hour of asanas and warrior poses with some amazing women.

After completing our yoga session, it was unanimously decided that we were not quite ready to call it a night. Stony Point offered a few options for happy hour so we decided on PF Chang's. We were able to find a nice space on the patio where we enjoyed a brief happy hour and networking before calling it a night. Conversation flowed easily among the women and it is a more Zen group that returned to their homes that evening. It was a great evening to get out, relax and network all at once.



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