

Summer-Long Yoga Series at Ned's Point Lighthouse

Yoga is known to be beneficial for body, mind, and spirit. However, for some people, yoga is not accessible. At Project Wheel House, the mission is to bring yoga to populations who often lack access to this form of mindfulness and exercise, but who would benefit greatly from adding yoga into their lives. If you are a yoga lover, you can help further this mission by participating in "20 in 20", a 20-week long, outdoor yoga series hosted at Ned's Point Light in Mattapoisett starting on Saturday, May 25th.

The yoga series will be called, "20 in 20", with the goal of raising \$20,000 over the course of 20 weeks, in order to "keep the wheel in Project Wheel House" turning. Attendees are asked to make a donation between \$10 and \$20 as they join other yoga enthusiasts of all ages and levels each Saturday morning at scenic Ned's Point Light. The sessions begin at around 8:15 in the morning and end at 9:30 a.m.



Project Wheel House is a local non-profit organization founded in 2016, and since its inception has worked with numerous at-risk populations to bring the healing powers of yoga into the lives of those who may not have been introduced to it otherwise. Project Wheel House has worked with survivors of domestic violence, inmates, LGBTQ youth, and urban children throughout the SouthCoast region. As founder Jessica Webb describes it, "Meditation and yoga are practical skills that transform lives, but not everyone can get to a yoga studio, so we're bringing the studio to them".

Project Wheel House's current partners include The Women's Center, The Southcoast LGBTQ Network, YouthBuild NB, YWCA Girls Exclusive, Doodles Creative, and 3rdEye Unlimited.

For more details about the event, including the full schedule of Saturday morning yoga sessions and instructors, please visit: www.projectwheelhouse.org/20-in-20. Project Wheel House is a graduate of the Summer 2017 EforAll Southcoast entrepreneurship accelerator.

Facebook Event Page: facebook.com/events/439661826836841/

Website Info: projectwheelhouse.org/20-in-20



Project Wheel House is a nonprofit organization dedicated to bringing yoga and mindfulness practices to underserved and at-risk populations. For more information, please visit

*https://www.projectwheelhouse.org, or contact program founder
Jessica Webb directly by emailing
NavigateLife@ProjectWheelHouse.org, or calling 774-582-0001.*