

A Magical Mystery Yoga & Gnome Experience



Saturday, August 31, 2019 10 am



North Quabbin Trails Association in partnership with Susie and Ben Felman will be unveiling a portion of the Q+M Experience that NQTA has spent the summer doing a stewardship overhaul on this 5-mile section of the Gnome Trails at Cutthroat Brook Tree Farm.

Come on out and go for a gentle mile and a half exploration hike of this trail section and explore the cascades, the Gnomes and the spellbinding stories of Susie and I will be giving information on how this whole Q+M Experience 250-mile corridor with 40 overnight shelters is now unfolding.



We will start with Yoga in the Park at the historic Long Field and dedication of this area as a new Yoga and Reflection area open to the public.

For those people that want to try the yoga, you are welcome, for those that just want to come for a hike we will do some adventures while the yoga folks are doing their thing.

The yoga will be led by Masters Caitlin Smith and Stephanie Simon. We openly welcome all yoga novices and people that have been interested in this ancient art of healing and holistic health to join us. A simple mat to lay on, fluids, comfortable stretching clothes is all that's needed to get started.

So please come join us for this free family event, and enjoy the wondrous unveiling adventures of the Gnome Trails at Cutthroat Brook Tree Farm, now part of the Q+M Experience on Saturday, August 31st at 10am at the Feldman trailhead see instructions here.

Briggs Rd
Massachusetts 01331

<https://goo.gl/maps/LkEvgAt73G4L1k6i9>

The Feldmans' Trailhead is simply at the top of Briggs Rd.

Bobby Curley - NQTA President
nqta.org

