



ARCADE

ARTS + WELLNESS

Summer Series

Jul 12-Sep 6, 2024

FREE and Open to All!

WEDNESDAYS

YOGA | Rotating Instructors

5:30-6:30 PM | Arcade Rotunda

THURSDAYS

MOVEMENT THERAPY

Jul 18, 25, Aug 1, 8 | Qigong | Leslie Dworkin

Aug 15, 22, 29, Sep 5 | Dance Therapy | Anson Lampe
12-1 PM | Arcade Rotunda

FRIDAYS

**MINDFULNESS & MEDITATION |
The Heartfulness Institute**

5:30-6:30 PM | The Contemporary Dayton

SATURDAYS

**CHAIR YOGA FOR SENIORS |
CYNTHIA BROOKS / DAY YOGA STUDIO**

11-12 PM | The Contemporary Dayton



All sessions are FREE for attendees with eventbrite sign-up.

LOCATIONS

DAYTON ARCADE

Enter at 35 W 4th St,
Dayton, OH 45402

THE CONTEMPORARY DAYTON

Enter at 25 W 4th St,
Dayton, OH 45402

BY BUS

Dayton RTA Route to
Wright Stop Plaza
Transit Center
4th S. Main St, Dayton
(downtown Dayton);
7-minute walk to Dayton
Arcade, 35 W 4th St

PARKING

Metered street parking available on 4th St side of Arcade and Pretzinger Lane.

Meters free on weekends.

Additional Parking available at Reibold Building Garage; enter at 25 W 5th St, \$2 for the first hour

Pay Meters Electronically



Additional Downtown Parking



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