

3rd Annual

TRI INCLUSION FESTIVAL 2024

In partnership with
The Home of Franklin D. Roosevelt National Historic Site &
The Franklin D. Roosevelt Presidential Library and Museum
at the Henry A. Wallace Visitor and Education Center

**“If you can breathe...
you can do yoga!”**

We're delighted to have yoga instructor Susannah Grange join TRI Inclusion Festival for the third year in a row!

Susannah Grange, owner of Hudson River Yoga, teaches evidence-based and interdisciplinary accessible yoga and strength through creativity and playful exploration. All with a sense of humor.

Susannah, Director E-YT 500 Yoga has encircled Susannah's life for 20 years. Being passionate about all aspects of her yoga practice—philosophy, science, strength, anatomy, and biomechanics—Susannah encourages her students to honor where they are in their bodies, enforcing her belief that *yoga is for everyone*.

Her compassion is a guiding force to help guide individuals to build strength, balance and flexibility with attention to alignment from the inside out. She is an experienced 500+hour teacher, who's passionate about her continued education. That passion resonates with her certified experience in Prenatal, Restorative Yoga, Yoga As Therapy, Myofascial Release with Therapy Balls, Biomechanics & Yoga, Movement Science, and Mindful Strength & Accessible Yoga.



Susannah Grange

Owner of Hudson River Yoga
Accessible Yoga
Movement & Strength
Teacher

**Join Us
Inside the
Henry A. Wallace Visitor
& Education Center
of the
Home of FDR
National Historic Site
at the
3rd Annual
TRI Inclusion Festival
celebrating disability
pride and culture!**

FRIDAY, JUNE 28 | 11AM-3PM



**Franklin D. Roosevelt
Presidential Library and Museum**

 American Sign Language interpreters provided
On-site accessible transport available, upon request

For More Information: 845.452.3913
www.taconicresources.org/tri-inclusion-festival-2024