



FOR IMMEDIATE RELEASE

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## **ANN ARBOR SUMMER FESTIVAL ANNOUNCES 2018 RETREAT SERIES WITH SPONSOR KIND HEALTHY SNACKS**

ANN ARBOR, MI (May 18, 2018) – The Ann Arbor Summer Festival is pleased to announce its free outdoor Retreat event series at Top of the Park for the 2018 season. Sponsored by [KIND Healthy Snacks](#), this year's Retreat Series offers yoga, world dance, barre, sword handling, capoeira, meditation, and more. Whether reviving a dormant practice or moving an exercise routine into a fresh environment, attendees will leave feeling high-spirited and rejuvenated.

The Retreat Series is located on the Power Center Lawn and includes a variety of mind-body events every night of the Festival from 5 p.m. to 6 p.m.

For the most up-to-date information, please visit the festival's website at [www.a2sf.org](http://www.a2sf.org).

### **2018 Retreat Series includes:**

#### [June 8 – First Friday](#)

World Dance Workout - World Dance Workout

#### [June 9 – Saturday](#)

AcroYoga Ann Arbor - Taking Flight with AcroYoga

#### [June 10 – Sunday](#)

Tiny Buddha Yoga - Vinyasa Flow

#### [June 12 – Tuesday](#)

IM=X Pilates - IM=X Mat Pilates

#### [June 13 – Wednesday](#)

The Studio Centre - Musical Theatre Jazz Dance

#### [June 14 – Thursday](#)

Joust Strength + Fitness - Functional Movement Class

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[June 15 – Friday](#)

Libby Robinson, Ann Arbor Center for Mindfulness - Mindfulness in the Park

[June 16 – Saturday](#)

Van Robins - Capoeira

[June 17 – Sunday](#)

A2 Yoga - Hatha-Vinyasa Yoga

[June 19 – Tuesday](#)

Breathe Yoga - BUTI Yoga

[June 20 – Wednesday](#)

Pure Barre - Pure Barre Classic Class

[June 21 – Thursday](#)

Molly Indura, Be The Light - The Psyche System

[June 22 – Friday](#)

Center for Japanese Studies - laidō: Way of the Japanese Sword

[June 23 – Saturday](#)

Quest Martial Arts - Introduction to the Ninja Martial Arts

[June 24 – Sunday](#)

Marty Betts - Afro Vin Flow Yoga

[June 26 – Tuesday](#)

The Barre Code - TBC

[June 27 – Wednesday](#)

Bloom Wellness - Zen Moon Flow

[June 28 – Thursday](#)

Matthew Keating, ADT - Argentine Tango

[June 29 – Friday](#)

Ita Yoga Studio - Slow Vinyasa Flow

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[June 30 – Saturday](#)

Sheila May - Zumba

[July 1 – Sunday](#)

aUM Yoga - Vinyasa Flow

The Ann Arbor Summer Festival is an exhilarating three-week celebration of performing arts, outdoor entertainment, and community spirit. Two parallel programs—one indoor and one outdoors—play at various venues and spaces across the University of Michigan campus and in downtown Ann Arbor, Michigan. Each season features a progressive mix of over 175 events showcasing local, national, and international artists and a diverse audience of more than 80,000 people.

The indoor Mainstage series includes ticketed performances of world-class music, contemporary circus, dance, family entertainment, public radio shows, and comedy. The outdoor program, Top of the Park, is held along a beautiful campus green and offers admission-free concerts, Movies by Moonlight, open-air street spectacle, culinary treats, and unique family attractions.

The Ann Arbor Summer Festival's admission free series located at Top of the Park runs nightly from June 8 – July 1, 2018 (dark on Mondays).

For more information on all festival events, please visit the festival website [a2sf.org](http://a2sf.org)

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For high resolution, official photos and additional promotional materials, [please click here](#).