

"Free Spirit: Yoga. Fitness. Play." To Open in the Old Mill District

Unique new fitness facility for adults and kids to join Bend Oregon shopping, dining and entertainment district

BEND, OR , USA, August 7, 2018 /EINPresswire.com/ -- "Free Spirit: Yoga. Fitness. Play.", a new family-friendly fitness community, will open in the [Old Mill District](#) in late fall. The new facility will offer quality yoga and fitness for adults, and an indoor playscape for kids that includes a bouldering wall, slides, ball pit, ninja obstacle course and toddler play area. Local founders Seth and Rachel Augustine are established business owners, having successfully owned and operated Thriveability Yoga Studio in San Francisco, CA.

"We wanted to establish our business in a place of natural beauty and in a thriving community where all the residents of Bend and visitors could enjoy our unique and fun facility," said Augustine. "The Old Mill District was the perfect fit, right in the heart of town."

Free Spirit is a fun and unique fitness facility for all ages. In addition to its regular classes and offerings, the studio will also host kids' ninja camps, child care, birthday parties and more, as well as a healthy café on site.

Rachel Augustine is a highly experienced yoga teacher (E-RYT 500), who has been teaching since 2012. She is also an artist with her Bachelor of Arts from UC Berkeley and her Master of Fine Arts in Costume Design from UCSD. Seth Augustine is a world traveler, fitness and outdoor enthusiast, and an artist with a Bachelor of Fine Arts from Cornell University and a Master of Fine Arts in Visual Studies from UCSD. He has worked as an international artist empowering communities through socially engaged projects and workshops. Rachel and Seth live in Bend with their two young children, who inspire them daily with their zest for life and their free spirited nature.

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The Old Mill District was the perfect fit, right in the heart of town.”

*Rachel Augustine, co-founder
Free Spirit: Yoga. Fitness. Play.*

Augustine continued, “Free Spirit is fun fitness for



everyone. Finally, there will be a place in Bend where adults can get their yoga and fitness fix while their kids stay healthy and active.”

Free Spirit: Yoga. Fitness. Play. will be located at 320 SW Powerhouse Drive, Suite 150 in the Old Mill District. They can be reached at info@freespiritbend.com

About the Old Mill District

One of the Pacific Northwest’s most distinctive and dynamic mixed-use developments, the Old Mill District is located on 270 acres that formerly housed one of the largest sawmill operations in the world. The rich history of the land is coupled with spectacular mountain views, scenic river vistas and an extensive trail system to enjoy the outdoors. More than 55 local, regional and national retailers and businesses call the Old Mill District home. The Old Mill District – Bend’s most unique shopping, dining, living, and entertainment experience. www.oldmilledistrict.com

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