

# Beach Yoga 2011

**Seaside Heights** Herring Ave. & the Ocean: Yoga \$10, Parking \$1 in lot

**Seaside Park** 2nd Ave. & the Ocean: Yoga \$5, Parking at meters

**Lavallette** Gazebo on Bay Avenue: Yoga \$2, Free Parking in lot



Sunday 7am **Moderate Flow** in SS Hgts starts 5/29

Sunday 8:15am **All Levels** in SS Hgts starts 5/29

Monday 8am **All Levels** in SS Hgts starts 6/6

Tuesday 6:30pm **Moderate** in SS Park starts 6/7

Wednesday 5pm **Gentle** in Lavallette starts 6/18

Thursday 6:30pm **All levels** in SS Park starts 6/9

Friday 8am **All levels** in SS Hgts starts 6/3

Saturday 8:30am **All levels** in SS Hgts starts 6/4

**Come and join us as we practice yoga on the boardwalk by the beach, with the ocean as our backdrop.**

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