

# Sunrise Beach Yoga

## 6-7am

GARFIELD PARKWAY



**May 24 – June 15: Saturdays & Sundays**

**June 16 – Sept. 1: Daily** *(except Tuesdays)*

## Yoga + Sunrise Over The Ocean

We will guide you through yoga poses & sequences that promote flexibility, balance & mindfulness. These sessions provide a rejuvenating, peaceful & grounding yoga practice. Our instructors are experienced, certified & registered with Yoga Alliance. Classes are suitable for all levels.

**Bring A Beach Towel or Blanket**   **Look For Our Yoga Flag**   *weather permitting*

**Pre-register online or drop-ins welcome!**

**\$20 / person**

**We also teach: Sunset Beach Yoga & Sound Healing** (Sundays: 5/25, 6/8, 6/22, 7/6, 7/20, 8/3, 8/17, 8/31, 9/7, [rain dates: following Monday], 7-8:15pm, Hollywood St.) & **Private Yoga Sessions** on beach or your location!



**Bethany Beach Yoga**

Call / Text 302-827-3175 ✨ [bethanybeachyoga@gmail.com](mailto:bethanybeachyoga@gmail.com) ✨ [BethanyBeachYoga.com](http://BethanyBeachYoga.com)

