

# Sunset Beach Yoga & SOUND HEALING



**SUNDAYS 7-8:15PM**

**MAY 25 | JUN 8 | JUN 22 | JUL 6 | JUL 20 | AUG 3 | AUG 17 | AUG 31 | SEP 7**

## Time To Unwind, Release & Reset

Held around the full moon & new moon, you will be guided through Moon Salutations & **gentle, therapeutic yoga poses** led by Tracy Southard (C-IAYT Certified Yoga Therapist, RYT500).

We finish with a **relaxing & rejuvenating sound healing** with Himalayan metal bowls & other sound healing instruments played by Lori Roe (Certified Sound Healing Practitioner - Level 3, E-RYT500).

**Bring A Beach Towel or Blanket**    **Look For Our Yoga Flag**    *rain dates: following Monday*

**Pre-register online or drop-in!** A minimum of 5 participants is required for this class to hold. **\$25/person**

**We also teach:** **Sunrise Beach Yoga** (Memorial Day Weekend–Labor Day Monday, 6-7am, Garfield Pkwy.)  
& **Private Yoga Sessions Year-Round** ...on the beach or at your location!



**Bethany Beach Yoga**

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