

# Mindful Summer Morning Yoga Classes



## Lavallette Yacht Club

Come Enjoy Stress Relief, Flexibility, Increased Strength,  
Improved Circulation, and Inner Peace

Mindful Summer Morning Yoga Classes

**Saturdays from 8:00 am to 9:00 am:** June 17th & 24th, July 15th  
& 29th, August 12th, and September 2nd

**Thursdays from 9:00 am to 10:00 am:** July 6th & 20th, August  
3rd, 17th & 31st

\* All Levels Welcome and Bring a Yoga Mat & Towel. Free for  
Members and Guests are \$10 per Class.