



**BY • THE • SEA**

**JANUARY 9 - MAY 10**

**TUESDAYS AND THURSDAYS 7- 8AM**

**EL PRADO PARK\***

\*Subject to weather and relocation to Jarvis Hall - check last minute updates at [Facebook.com/YogabytheseaLBTS](https://www.facebook.com/YogabytheseaLBTS)

Start your day in a healthy relaxed way connecting with your fellow residents of LBTS as we breathe, stretch and watch the beautiful sunrise together.

It is free and open to all residents and guests. Beginners are welcome and encouraged.

**Please bring a yoga mat, towel and water**  
**Details: 954-850-7361**

# SEASIDE YOGA & MEDITATION

with

Samantha Marchand  
and  
Jebbie Melamed

**FREE**



For more info and last minute updates follow the yogis on Facebook **YOGA BY THE SEA LBTS**

[WWW.LBTSEVENTS.COM / EVENTS](http://WWW.LBTSEVENTS.COM / EVENTS)

Presented by the Town of Lauderdale-By-The-Sea