



JANUARY - APRIL

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



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

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