

OLD SAYBROOK PARKS AND RECREATION

Beach Yoga



Day: Wednesday

Dates: June 4th - August 20th

Time: 6:00 - 7:00pm

Location: Harvey's Beach

Fee: \$75.00/\$90.00

Instructor: Terri Cain



Find calm as you breath in unison with the waves...energize with gentle stretching and flowing yoga postures...and increase your stability with balances on the sand!

For more information or to register, visit www.oldsaybrookrec.com