

Beach Yoga



Sunrise Beach Yoga

May 25 – Sept. 2

Mon – Wed – Sat 6am–7am

Beach on Garfield Parkway (south beach entrance) \$15 / person

Bring A Beach Towel To Use As A Yoga Mat Look For Our Yoga Flag *weather permitting*

Private Yoga Classes

Planning for a special occasion or event? Looking for a memorable activity?

Great for any event or occasion & any time of the year! We specialize in private yoga experiences for bachelorettes, pre-wedding, birthdays, friends & family, reunions, moon energy yoga, yoga nidra, sound energy healing, meditation & more. **For more info or to request a class, email, call, text or visit our website.**



Bethany Beach Yoga

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