

www.

Sea of Abundance Yoga


732-793-8565

YogaBonnie25@aol.com

\$10

.com

see class descriptions and complete information on locations below

classes with  are outdoor classes

all other classes are indoors in Normandy Beach

Summer 2011 schedule runs from June 27 to Sept. 5
classes are held ALL YEAR in Normandy, check website for off-season schedule

MONDAY



7:45 am ~mixed level
on the BEACH in Chadwick

~~~~~  
**10 am** ~ GENTLE

## TUESDAY

**9:00 am** ~ MODERATE

~~~~~  
6:00 pm ~ mixed level

WEDNESDAY



7:45 am ~mixed level
on the BAY BEACH - OB 2

~~~~~  
**10 am** ~ GENTLE

## THURSDAY

**9:00 am** ~ MODERATE

## FRIDAY



**7:45 am** ~mixed level  
on the BEACH in Chadwick

~~~~~  
10 am ~ GENTLE

SATURDAY

8 am ~ mixed level



OCEAN BEACH UNIT 2

on the BAY beach (Wed.)

just south of traffic light at KittyWake Ave., go right onto Harbor Drive to bay beach - parking available. class will be held in clubhouse in bad weather.



CHADWICK BEACH (Mon & Fri)

park on Strickland Blvd., next to WaWa & miniature golf.

Take Atlantic or Pacific Ave to beach, waway on the right .



Dover~Brick EMS Bldg
Rt. 35 South & Second Ave
NORMANDY BEACH

Going north, first traffic light after WaWa, turn left onto Second Ave.

NEW Beginner Friendly ~GENTLE: Suitable for any fitness level. If you think "I can't do yoga", come to this class. You will be guided through a series of yoga postures w/modifications appropriate to your fitness level. Gentle stretching and strengthening movements followed by a guided relaxation. All ages -all levels welcome.

MODERATE Paced~Advanced Beginner: Suitable for those with basic knowledge of yoga and a bit more flexibility. The class is more vinyasa-flow oriented, allowing poses to flow from one to another through the use of breath, a guided relaxation followed by a few moments of silent meditation.

Beginner Friendly-MIXED Level: Suitable for all levels. Class pace varies with attendance. Students are guided through modifications and variations so students of all levels share the same pose appropriate to their level of flexibility.

Sea of Abundance Yoga