

YOGA CLASSES

Instructed By

SEA OF ABUNDANCE YOGA

Bonnie Brown, a local Yoga Instructor, has agreed to schedule OBYC for Yoga Class on the Bay Beach on Tuesday, July 1, 2008. If we have enough participation, Bonnie will come every Tuesday throughout the summer to give Yoga instruction.

The first class will be no charge to you. If this proves successful, a nominal fee of \$5.00 per person will be collected for each class to pay the instructor. I will have a sign up sheet at the Clubhouse each Monday to make sure we have enough participation each week. Payment will be collected then. I am at the Clubhouse from 1 -4 on Mondays.

The only thing you need to bring to the class is a beach towel. Bonnie does not recommend mats in the sand. It is very difficult to clean the sand off the mats.

If you have any questions, you may contact Donna Skwarek via the Club's website or my direct email address ... crafftwin@aol.com.