

Beach Yoga

Herring Avenue in Seaside Heights
& 2ND Ave Sea Side Park



Monday at 8:00am ~SS Hgts
Tuesday at 6pm ~SS Park pay township
Wednesday at 8:30 am~SS Hgts
Wednesday at 6:00 pm~SS Hgts
Friday at 8:30 am~ SS Hgts
Saturday at 8:30 am~SS Hgts
Sunday at 9:00 am~SS Hgts

\$10 Drop-in only

Come and join us as we practice yoga on the boardwalk by
the beach, with the ocean as our backdrop.

Parking is \$1 in lot.

Center for Health and Healing
111 West Water Street
Toms River, NJ 08753
732-505-8282

www.centerforhealthandhealingnj.com