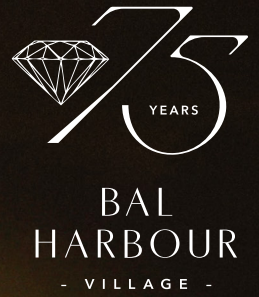


SUMMER FULL MOON YOGA ON THE BEACH



Join us on the beach at
The Ritz-Carlton Bal Harbour
for a Summer Full Moon
Beach Yoga Series.



On the evening of each full moon in May, June and July, a yoga instructor from Exhale Bal Harbour will guide you through a 1 hour beach flow yoga class with an extended meditation/savasana as the moon rises. There will be aromatherapy essential oils to help you slip into a deeper meditative state.

The positive energy of the moon is something to be felt as it is much more than just "light". The moon's cooling energy creates the perfect setting for meditating and intention setting.

MONDAY, MAY 16TH
TUESDAY, JUNE 14TH
WEDNESDAY, JULY 13TH

7:00 PM - 8:00 PM

Beach by the Jetty behind
The Ritz-Carlton Bal Harbour

*Complimentary for Bal Harbour
Residents & Hotel Guests*
Yoga mats will be provided.
Limited capacity,
please RSVP to
yogaseries@balharbourfl.gov

BAL HARBOUR
- VILLAGE -