2018 BEACH YOGA SCHEDULE

Please join us for Yoga on the Beach!

This is a complimentary 1 hour vinyasa flow class with professional instruction hosted by Scott & Sunny Townsend. Bring a mat or towel, water and meet us at the foot of Champion St. All levels are welcome!

Tue Jun 26	Tue Jul 31
Tue Jul 3	Fri Aug 10
Fri Jul 13	Tue Aug 14
Tue Jul 17	Fri Aug 24
Fri Jul 27	Fri Aug 28

Classes start at 7:30 AM. No class if it's raining.

Please check our Facebook page for updates.

Visit Higgins Beach all year long!
Follow HigginsBeachMaine.com on Facebook.

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207.553.1388
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SCOTT ★ SUNNY
TOWNSEND TEAM

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