

Subject to weather - no relocation
area this year due to COVID-19



MONDAYS: EL PRADO PARK

THURSDAYS: ON THE BEACH EAST OF EL PRADO PARK

NEW TIME 7:30- 8:30 AM

JAN 18 THROUGH APRIL

Strict COVID Event Guidelines

NO MASK - NO CLASS

Masks are mandatory before,
during and after each class

Classes limited to 40 socially distanced,
designated spaces

Temperature checks taken prior to class



Details:
954-652-1852

SEASIDE YOGA

with Paz Saunders and
Deborah Estrada

from Mind's Eye Day Spa in LBTS

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