



YOGA ON THE BEACH

CAPE MAY CITY (Behind Convention Center) ONLY \$5.00

Friday, Saturday, Sunday, & Monday 8:00 am

Tuesday & Thursday 8:00 am "TAI CHI"

AND

CAPE MAY POINT STATE PARK (Lighthouse Beach)

Tuesday & Thursday 9:30 a.m.

ONLY \$10. OR Commitment Card: 10 Sessions ONLY \$50.

*Commitment Cards can be used for both the
Cape May Point State Park & Ferry Park locations
(Rain or Shine have shelter from the storm)

AND

*FERRY PARK (Cape May Ferry Terminal)

Tuesday, 6:00 pm YOGA on the BAY at SUNSET

Sunday, 9:30 am YOGA on the BAY

Thursday, 1:00 pm "TAI CHI" on the LAWN

*ONLY \$5.00 (Rain or Shine have shelter from the storm)

PLENTY OF FREE PARKING AT ALL SITES!

"Feel the Sweet Breeze of Peace of Mind"

For Additional information: Contact: Karen Manette Bosna

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