



# Sunrise Yoga

Join us at sunrise this summer on the bandstand  
for an energizing inner and outer workout in yoga.  
Welcome the new day with asana (yoga poses) and flowing movement  
of surya namaskar (sun salutations).

## Yoga in Bethany Beach at the bandstand!

**Memorial Day through Labor Day  
Beginning May 23  
Fridays, Saturdays, and Sundays**

**6:00 to 7:00 am**  
*Weather permitting*  
**\$5 participation fee**  
**(Boardwalk Yoga only)**  
**mats provided**

**Instructors are certified and registered with  
National Yoga Alliance**