



## Full Moon Beach Yoga!

Our Full Moon Beach Yoga sessions are held once a month on or around the evening of the full moon at Coast Guard Station beach on St Simons Island (final date is determined and announced the week of full moon due to weather fluctuations.) The standing Moon Salutation series of poses and a short seated meditation session is included. Feel free to bring a small beach chair if sitting on the ground is not an option for you. Modifications are offered so all levels of practitioners are welcome...even total beginners! Please arrive a bit early and bring a large towel or blanket in lieu of a yoga mat. This is a donation-based community class. For more information, call OMCORE Yoga & Body at 912-222-2792