



Beach Yoga at Sunset

Southport/Oak Island Animal Rescue is teaming up with Ageless Yoga - OKI for sunset yoga classes on Oak Island. Ageless Yoga is donating 50% of all monies collected to S.O.A.R.

Come & Join Us!

**Wednesdays at 6 PM
Oak Island Beach at Trott St.**



Make sure that you bring a large beach towel or sheet to act as your yoga mat, sunglasses and water. See you on the sand!

(In case of rain, class will be held at the Ageless Yoga Studio)

Sign-up at www.agelessyoga4u.com



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