

# Relax, Unwind and Recharge Yoga on the Beach!



**FREE  
EVENTS**

Free events with  
Assemblywoman  
Nicole Malliotakis



Co-sponsored by 5 Boro Power Yoga, NYC Parks, D.J. Joe Nose and Guyon Rescue

# YOGA CAN IMPROVE your mental, physical and spiritual health.

YOGA ON THE BEACH • FREE EVENTS WITH ASSEMBLYWOMAN NICOLE MALLIOTAKIS

**BEACHFRONT AT TURTLE  
CIRCLE (FATHER CAPODANNO  
BLVD. AND JEFFERSON AVE.)**

■ Saturday, June 21 at 9:00 a.m.

■ Monday, June 30 at 6:00 p.m.

■ Saturday, July 12 at 9:00 a.m.

■ Tuesday, July 22 at 6:00 p.m.

■ Saturday, August 16 at 9:00 a.m.

■ Wednesday, August 27 at 6:00 p.m.

*Special kids' yoga for ages 5+! Please bring a yoga mat or towel and arrive 15 minutes early to prepare.*

**\*SPACE IS LIMITED\***

**RESERVE A SPOT THROUGH ASSEMBLYWOMAN MALLIOTAKIS' OFFICE!**

**For more information on this event or any state issue, please contact Assemblywoman Nicole Malliotakis  
11 Maplewood Place, Staten Island, NY 10306 • (718) 987-0197 • malliotakisn@assembly.state.ny.us**

**JOIN  
NICOLE**  
for YOGA on  
the BEACH!

