

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.)**

■ Monday, June 22 at 6:00 p.m.

■ Monday, July 6 at 6:00 p.m.

■ Monday, July 27 at 6:00 p.m.

■ Saturday, August 15 at 9:00 a.m.

■ Monday, August 24 at 6:00 p.m.

■ Saturday, September 12 at 9:00 a.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!