

ONEKAMA TOWNSHIP PARKS & RECREATION PRESENTS

# 2024 Yoga on Langland Beach

Enjoy the beauty of Lake Michigan with a *Gentle Yoga Class*. Link breath and movement together to increase flexibility and strength. End with a relaxing meditation.

Yoga on Langland Beach lead by Certified Instructors

JULY 3 - WEDNESDAY - 11:00AM LAUREN GILMORE

JULY 5 - FRIDAY - 9:00AM KARI TOMASHIK

JULY 12 - FRIDAY - 9:00AM KARI TOMASHIK

JULY 17 - WEDNESDAY - 11:00AM LAUREN GILMORE

JULY 19 - FRIDAY - 9:00AM KARI TOMASHIK

JULY 31, - WEDNESDAY - 11:00AM MARY PAINE

AUGUST 2, FRIDAY - 9:00AM KARI TOMASHIK

AUGUST 7, WEDNESDAY - 11:00AM MARY PAINE

ON LAKE MICHIGAN AT CAPT. JOHN LANGLAND PARK 1927 SECOND ST, ONEKAMA  
SPACE IS LIMITED REGISTRATION REQUIRED. REGISTER BY SCANNING THE QR  
CODE OR ONLINE AT [WWW.ONEKAMATWP.ORG](http://WWW.ONEKAMATWP.ORG) ON THE PARKS PAGE



Questions? Email [Parks@OnekamaTwp.org](mailto:Parks@OnekamaTwp.org)

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