

Virginia Elks & Guests

YOGA on the Beach



Everyone attending the fall convention is welcome.

All levels of exercise activity

When: Friday, October 25 – 8am (an hour long)

“OMMMMM!” Weather will be perfect!

Where: On the beach at the Wyndham hotel

(Inside if poor weather – we’ll find a place!)

Let’s meet in the lobby near the registration desk.

Wear: Loose clothing – gym wear (not fancy!)

Bring: Mat or beach towel. Perhaps water.

Instructor: Susan Hutchison

Clifton Forge, Elks Lodge #1065

Thanks to Susan for offering this opportunity to get together and have fun while exercising!

Plan ahead and participate!