

Tuftonboro Parks & Recreation



BEACH YOGA

When? Every Sunday from 8:00 AM til 9:30
(starting July 19 to August 30th)

Where? 19 Mile Beach in Tuftonboro, NH

Cost? \$15. Per person (Vemo@Mindy-Hall-15)

Or cash the day of the class.

Bring? An old mat or a large beach towel

Hosted by Root to Crown Yoga & Wellness

And Tuftonboro Parks & Recreation

SUP Yoga class @ 20 Mile Bay every Saturday from
8:00 to 9:30; \$15. With your board, or \$25. Board rental.

Reserve through Facebook

Events@Root to crown yoga and wellness