

# SUNRISE YOGA

## AT ISLIP BEACH

END OF SOUTH BAY AVENUE, ISLIP, NY 11751

*INSTRUCTOR: JODI CAMERON*

Sunrise yoga will include a combination of both vinyasa flow and yin alignment styles of yoga. Each class will incorporate flowing sequences that synchronize your movement and breaths to hold longer traditional postures that cultivate an awareness of alignment. Be prepared to build strength, increase flexibility, and cultivate a deep sense of calm and presence. Modifications and variations will be offered to meet the needs and levels of all participants. All levels welcome.

**Activity #:** 103000C  
**Date:** July 10 - August 28  
**Day:** Wednesdays  
**Time:** 7:30 am - 8:30 am  
**Fee:** \$90 for residents  
\$110 for non-residents



*Bring a yoga mat  
and water bottle.*

Send Completed registration form along with your method of payment to:

Town of Islip - Sports Office  
50 Irish Lane, East Islip, NY 11730

We accept Visa/Mastercard and Checks payable to: Town of Islip

Registration forms can be downloaded from [www.islipny.gov](http://www.islipny.gov)

For more information, please call the  
Town of Islip Sports Office at (631) 224-5404.

**Angie M. Carpenter, Supervisor**

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