



MIAMIBEACH

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PRESS RELEASE

Free Yoga at Flamingo Park

Miami Beach, FL - The economy got you down? Is homework making you crazy? Need some time to invest in yourself? Then go down to Flamingo Park. The City of Miami Beach Parks & Recreation Department and the Miami Beach Police Athletic League is providing FREE yoga class twice a week for children and adults of all ages. Classes are held on the lawn (across from the playground) every Wednesdays from 6:00 pm – 7:00 pm and Saturdays from 9:30 am – 10:30 am.

The goal of yoga is the union of the mind, body and soul. Feel energetic, strong and relaxed. Please bring your own mat or towel, water bottle and an open heart! For more information about free yoga in the park call Victoria Brunacci at 786-444-1817.

Look for future events and other Miami Beach Parks and Recreation programming in your Recreation Review, call our offices at 305-673-7730 or visit our new and improved website at www.miamibeachparks.com.

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