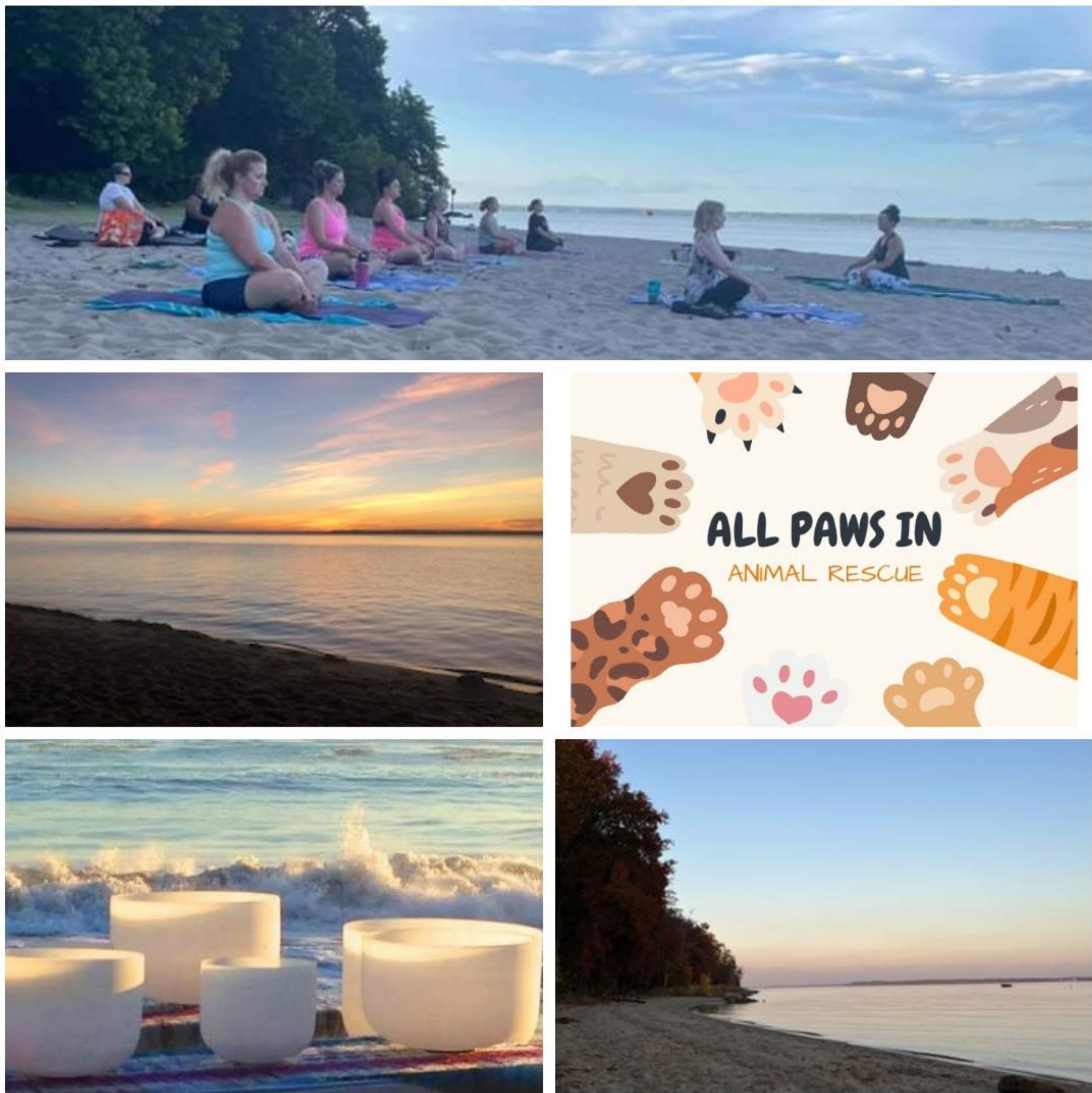


Sunset Beach Yoga & Sound Bath

Friday, September 18 from 6:00 – 7:30 pm



Enjoy a beautiful and relaxing Sunset Beach Yoga and Sound Bath event to support All Paws Animal Rescue at Leesylvania State Park. Experience a soothing and relaxing evening Yoga class on a soft sandy beach while watching the sun set over the Potomac River as you benefit from an amazing sound bath provided by Melina Dorsey with Magical Melina. Listen to the waves and feel the soothing sound bath throughout your entire body while enjoying a gentle flow Yoga class and releasing any tension from the week. The cost is \$30 and your registration helps to cover the costs for the transport, care, feeding, enrichment, and veterinary services for all of the animals awaiting adoption into their forever homes. Additionally, your \$10 park entry fee is waived for all preregistered participants.

To register, please email Angela at:
angela.irtci@verizon.net or fill out the contact form at:
www.dreamcatchermovementandwellness.com