

THE NORTH SHORE WELLNESS RETREAT

Sunset Beach Hawaii

Surf **INTO** YOGA

with Rochelle Ballard

May Yoga Schedule

Monday - 5:30pm Dharma Mittra Yoga with Kendyl Beschen

Tuesday - 6:00pm Yogalign with Rochelle

Wednesday - 9:00am Yogalign with Rochelle @ YOGANICS in Haleiwa

Thursday - 6:00pm Yogalign with Rochelle

Friday - 9:00am Yogalign with Rochelle

Tuesday May 17th - Special Full Moon Yoga Class with Lilly Barrels
Followed by Music and a Fire under the Moonlight

All Classes \$10 and Trade is Accepted

Location is at 59-142 Kamehameha Hwy, Across from the Lifeguard Tower

For More Information Call 808-638-8137