



SMALL TOWN, BIG BEACH™

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**City of Gulf Shores hosts Full Moon Yoga at Gulf Place Town Green and Public Beach**

Gulf Shores, Ala – March 29, 2019 – The Gulf Shores Recreation Department is excited to announce a new fitness event, Full Moon Yoga, coming to Gulf Place Town Green and Public Beach on Friday, April 19, at 6:30 p.m.

Locals and visitors are invited to attend this FREE outdoor yoga class with Instructor Adwiti Haffner. Participants do not have to be a member of the Recreation and Fitness Centers to attend.

“We are excited to offer this new event to our residents and visitors,” Recreation Manager Nicole Ard said. “This is a great opportunity for our members and non-members to try out a new class in a relaxed environment for free, while enjoying the outdoor breeze and a beautiful view at Gulf Place. Everyone is encouraged to bring a friend and come join us!”

Participants are encouraged to bring a picnic and stay after class to watch the moon rise.

For more information about Full Moon Yoga, contact the Gulf Shores Recreation Department at 251-968-9824 or visit [www.gulfshoresal.gov/fullmoonyoga](http://www.gulfshoresal.gov/fullmoonyoga).

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