

As part of Manitou Days

yogadevotion·LLC
presents

Yoga on the Beach

Saturday, June 17, 2017

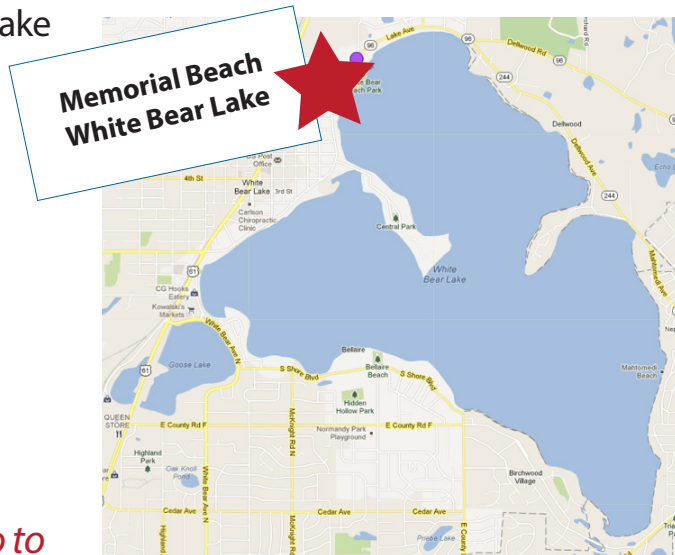
Memorial Beach on White Bear Lake

4980 Lake Avenue North
(West Park, End of 11th Street)

- 8 AM Registration
- Practice: 8:30 - 9:30

All levels welcome!
Bring a mat and sunscreen!

\$10 minimum donation
and/or a bag of groceries



*All proceeds go to
the White Bear Lake
Food Shelf*

Rain or Shine

If we are rained out still
bring your donation and
receive a certificate for one
FREE class at any of the
Yogadevotion sites.

The White Bear Area Emergency Food Shelf

Mission: Provide food and support for our
neighbors in need, in partnership with the
communities of the White Bear area.

On any given month at the Food Shelf:

- **545** families were served
- Over **615,305** meals were provided
to **2,907** individuals
- Of those served, **59%** are children
and **5%** are seniors over the age of 65

See more at :

whitebearfoodshelf.org

Look for Yoga on the Beach **every Friday** all summer!

Memorial Beach - 6/8-7/28 - 9:00AM

To register, Email **lisa@yogadevotion.com**