



Spring Updates...

Sunset Yoga on the Beach
Back on Wednesday's 6:15pm



- Monday 8:30am Fluid Flow Yoga
- Tuesday 9:15am Fluid Flow Yoga
- Wednesday Sunset Yoga 6:15pm
- Thursday 9:15am Power Flow Yoga
- Saturday 9:15am Fluid Flow Yoga

[Printable Schedule](#)

[Sunset Yoga Classes](#)

[Beach Yoga on-line information](#)

[Beach and Club Class Schedule](#)



All Levels Welcome...

Classes in the warmer months are held under the [East-end Covered Pavilion](#), covered from the hot sun while catching the cool sea breeze, a blissful way to experience yoga out in nature.



Take advantage of the Yoga for Vets Program or tell a friend



Destin Yoga is part of the [Yoga For Vets Program](#) offering the first 4 classes to our military vets at no charge, a way to thank our men and women for their service and open them up to the many [benefits of yoga](#). A special discount of \$5 a class for all military and vets to continue.



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Question or Comments email rcomparin@cox.net or call 850-897-3788

