

Full Moon Yoga



Tuesday, August 1st at 7pm: Sturgeon Moon

References the vast quantity of sturgeon fish swimming in the Great Lakes on this night

Wednesday, August 30th at 7pm: Supermoon: Blue Moon

The rare second-of-the-month supermoon

Thursday, September 28 at 6pm: Harvest Moon

The bright moonrise early in the evening helps crops flourish in their harvest

Saturday, October 28 at 6pm: Hunter's Moon

This moon symbolizes a time for hunting to prepare food for the winter ahead

Sunday, November 26 at 4pm: Beaver Moon

Beavers become active in their harvesting before the winter arrives

Tuesday, December 26 at 4pm: Cold Moon

The coldest time before the sun replaces the chill brought by the full moon

All sessions: 7pm at the Beach Club beach access

\$10/Members, \$15/Guests



**Must present club or guest cards to participate*

***Register in advance to reserve your spot (843-838-1516). Walk-ins welcome as space allows. Cash/Credit card/ Member charges are all acceptable forms of payment.*

****Limited yoga mats, straps, and blocks available first come, first serve. BYO Yoga Mat encouraged.*