



# Earth Day Yoga in the Salt Marsh

**Cabrillo Marine Aquarium Earth Day 2016**

**10:00am-10:45am Saturday, April 16 *FREE***



Bring your mat and come join Cabrillo Marine Aquarium's annual Earth Day Yoga in the Salt Marsh! Listen to the natural morning sounds in the marsh while you stretch and relax to the teachings of resident yoga teacher, Cathy Terrones.

After class, stay in the salt marsh and observe the natural beauty of this amazing habitat. Observe migratory birds, search for raccoon tracks and look for fish. From 11am-1pm, Cabrillo Marine Aquarium staff and volunteers will be on hand to show specimens, hand out binoculars and answer any questions you may have during our Salt Marsh Open House. Be sure to head back over to Cabrillo Marine Aquarium to take part in our other Earth Day 2016 festivities!

This is a free event, open to all yoga skill levels. Your personal yoga mat is required, there will not be one provided for you. Class will take place on a wooden deck overlooking the Salinas de San Pedro Salt Marsh at Cabrillo Beach in San Pedro, CA.

***Space is limited and pre-registration is required.***

***Please call (310) 548-7562 to sign up!***

**Meet at the front steps of Cabrillo Marine Aquarium at 9:55am then walk to the Salt Marsh**

For more information about our Earth Day celebration 2016, or how to get to Cabrillo Marine Aquarium, go to [www.cabrillosmarineaquarium.org](http://www.cabrillosmarineaquarium.org).