



# Earth Day Yoga in the Salt Marsh

**Cabrillo Marine Aquarium Earth Day 2014**

**10:00am-10:45am Saturday, April 19 *FREE***



Bring your mat and come join Cabrillo Marine Aquariums first ever Yoga in the Salt Marsh! Listen to the beautiful sounds of live music by John Sherman from Dryad Flutes mixed with the natural 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. 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 from 11:00am-1:00pm. Be sure to head back over to Cabrillo Marine Aquarium to take part in our other Earth Day 2014 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 10:00am then walk to the Salt Marsh**

For more information about our Earth Day celebration 2014, or how to get to Cabrillo Marine Aquarium, go to [www.cabrillomarineaquarium.org](http://www.cabrillomarineaquarium.org).