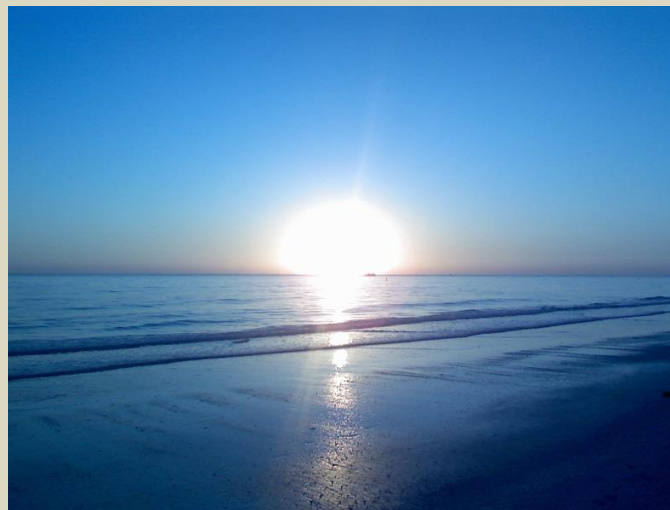




**Sunrise Yoga on St. Pete Beach
Tradewinds Island Grand Resort
November 22nd & 23rd, 2014
6:45 am to 7:45 am**

Begin your day to the sound of ocean waves, scent of the sea and the gentle feel of sand at your feet. Join us on the beach for a refreshing, fun and soothing yoga practice. Set your intention with the rising of the morning sun and the tranquil openness of nature's horizon to eliminate stress and leave you vibrant.

Date	Sunrise	Sunset
November 22, 2014	6:57 AM	5:36 PM
November 23, 2014	6:58 AM	5:36 PM



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CMED 2014 Agenda