

# Activities

Sponsored by...



... the Friends Group  
of Assateague Island  
National Seashore.

## Yoga on the Beach

Saturdays June - Sept. AND Tuesdays July - Aug; 8-9am:

Reduce stress, increase balance and flexibility to the sound of crashing waves. All levels welcome! Free but park entrance fees are in effect. BYO beach towel. Meet at the Shade Pavilion in North Beach parking lot 6633 Bayberry Dr. Berlin, MD 21811



## Full Moon Yoga

August 7 at 8 pm & September 7 at 7 pm

Experience Assateague's peaceful surroundings, clear your mind and exercise your body while the full moon rises over the ocean. Free but park entrance fees are in effect. All levels welcome! BYO beach towel. Meet at the shade pavilion in North Beach parking lot. 6633 Bayberry Dr. Berlin, MD 21811

## Magnificent Monarch Migration and Tagging Demo

September 9, 1pm: Discover the fascinating life history of these insects and what researchers are learning about Monarch migration to and from Mexico. If conditions are favorable, live monarchs will be tagged and released. Meet at Assateague Island Environmental Education Center 7206 National Seashore Lane Berlin, MD 21811



## Assateague Nature Photography Workshop

Sept. 29-Oct. 1; Friday 7pm - Sunday 2pm: Led by Irene Hinke-Sacilotto the workshop will utilize Assateague for photography fieldwork focusing on strategies and techniques required to produce high quality wildlife images while capturing moments in nature. Limited to 12. Fee. [AssateagueIslandAlliance.org](http://AssateagueIslandAlliance.org)

## Painting Wild Horses from Life Plein Air Workshop

October 27-29; 9am-5pm daily: Join Karen McLain to discover and practice techniques for painting horses quickly and fluidly from life with challenges of painting a moving subject in changing light while coping with the problems inherent in painting outdoors. Includes session on photographing wild horses for effective reference material with Meredith Hudes-Lowder. Limited to 12. Fee. [AssateagueIslandAlliance.org](http://AssateagueIslandAlliance.org)



**For more information or to become a Friend of Assateague Island National Seashore please call: 443-614-3547, or visit [AssateagueIslandAlliance.org](http://AssateagueIslandAlliance.org)**