



Aquarium of the Bay



Sea Lion Center



The Bay Institute



Bay Model Alliance



Bay Academy

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bayecotarium

BE THE MOVEMENT



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FOR IMMEDIATE RELEASE

Yoga with the Sharks, at Aquarium of the Bay. Have a zen morning.

Start your day off with a gentle flow as sharks, fish, and bat rays swim over and around you. Aquarium of the Bay and Wheel House have teamed up to bring early-morning yoga to San Francisco's waterfront every Wednesday and Friday 8.30am, at Aquarium of the Bay, PIER 39.

SAN FRANCISCO, CALIFORNIA — April 9, 2019: Early morning 'Yoga with the Sharks' just launched with our staff, and is now ready for everyone, **Wednesdays and Fridays at 8.30 am from April 10 till June 7** at San Francisco's Aquarium of the Bay, PIER 39.

"It's a unique experience, there's nothing like it!" stated enthused organizer, Lauryn Lahr, Aquarium's HR & volunteer coordinator.

To capture this moment of calm before you start your day, you can get your picture taken as you move, immersed in the tunnel surrounded by water, connecting to sharks and aquatic life. It's energizing and the perfect morning flow for your body and mind!

The type of yoga will vary slightly each time. We'll begin gently by connecting to the breath and sun salutations before moving into poses for deep, wakeful stretches. You'll leave feeling awake, energized, and ready to start your day. This class is for all levels of yoga, from those new to yoga to experienced yogis. Two instructors provide hands-on assists and individual adjustments. After class, grab a cup of coffee on the pier, watch the iconic sea lions at K-Dock, or return to the Aquarium to learn more about the fish you flowed with!

Participants should bring their own mats and water bottles. Towels are not necessary, but you are welcome to bring them. It's recommended that you bring a sweatshirt to wear as we warm up before starting our flow.

We are excited to bring this unique yoga with the sharks experience to local nonprofit, Aquarium of the Bay, California's only Smithsonian affiliated Aquarium, and part of the Bay Ecotarium at PIER 39, every Wednesday and Friday morning. For more details and tickets, visit, [Aquarium of the Bay](#) OR [Yoga with the Sharks](#)

About Bay Ecotarium

Bay.org DBA Bay Ecotarium is a 501(c)(3) non-profit organization with a mission to enable conversations on climate resilience and ocean conservation globally, while inspiring actionable change locally by protection and preservation of the San Francisco Bay and its ecosystems, from Sierra to the Sea™. Smithsonian Affiliated Award-winning, Aquarium of the Bay and the Sea Lion Center on the Embarcadero/PIER 39 lead the organization and are visited by millions. Other institutions include, The Bay Institute, the Bay Model Alliance, and the Bay Academy. Plans are progressing to convert the Aquarium into the world's first Climate Resilience and Ocean Conservation Living Museum.

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