

Anchor & Align

Mindful movement by the lake



Open to adults and youth ages 8+

(Children ages 8-12 must be accompanied by an adult)

Saturdays at 8:30am | 30 minutes

\$10 per person

Held on lakeside lawn when weather permits.

Backup space indoors if needed.

**Advance sign-up with payment is required by Friday at
6pm through Reflections Spa**

Call 920.457.9880 or email
sfrontdesk@blueharborresort.com

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