

The MLAA Presents:

YOGA ON THE BEACH

With MLHS Alumna
Alison Bernasco

Saturday, Oct. 24
at 1:00 p.m.
Island Beach

Relax, stretch, and unwind with a refreshing yoga session at Island Beach.

Perfect for all levels, this complimentary class is a great way to feel centered and energized over Homecoming Weekend!

Please come prepared with a yoga mat or towel, a bottle of water, and layers!

Open to all alumni and Mountain Lakes and Boonton Twp. residents.

Register: bit.ly/yoga-on-the-beach-2026



www.mountainlakesalumni.org