SHORELINE SIGHTSEEING PRESENTS A SUNRISE YOGA CLASS ON THE RIVER SEPTEMBER 13

Dockside Morning Class to be Led by LifeStart Wellness

Chicago, IL: What better way to finish a long work week and energize for the coming weekend than with a Friday morning Yoga Class held on a Shoreline boat overlooking the beautiful Chicago River. The 60-minute Vinyasa Flow class will be led by Veronica Rodell from LifeStart Wellness, one of Chicago’s top health and wellness studios. The smooth progression of Vinyasa flow poses has made this one of the most popular styles of contemporary yoga.

Class will take place 8:00 a.m. to 9:00 a.m. on the upper deck of a Shoreline boat docked at the northeast corner of the Michigan Avenue Bridge (401 North Michigan Avenue) Tickets: $35 per person. (Please provide your own yoga mat.)

For complete information and tickets, visit https://shorelinesightseeing.com/special-cruises/event-cruises/ or call 312-222-9328.

Shoreline Sightseeing is celebrating its 80th season on Chicago’s waterways. Founded in 1939, Shoreline today operates Chicago’s largest and most diverse fleet of cruise boats and water taxis with ten major touring vessels and six water taxis. Brothers Chip and Matt Collopy represent the third generation of family ownership.

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