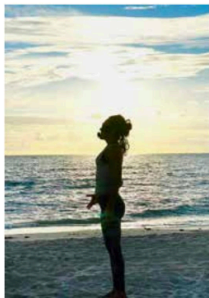




Plank to your heart's content as you Namaste the morning away with your toes in the sand, surrounded by the fresh ocean breeze and dolphins swimming in the distance.



Photos courtesy of Lo's Yoga

Now and Zen Lo's Beach Yoga

You're going to love stretching your body and mind with yoga teacher Laura (Lo) Grabinski and her popular beach classes. Novices and experienced yoga practitioners alike flock to Lo's Monday, Wednesday, and Friday sessions at Vanderbilt Beach, next to The Ritz-Carlton. Plank to your heart's content as you Namaste the morning away with your toes in the sand, surrounded by the fresh ocean breeze and dolphins swimming in the distance. Lo's welcoming atmosphere and multi-level classes fit the needs of all her students, no matter their age or skill level. In addition to beach yoga, Lo also offers private sessions and online Zoom classes.

Lo@Losyoga.com
239.877.1293
losyoganaples.com



Photo courtesy of Peter W. Cross

SANIBEL — lifestyle

Guiding Light Sanibel Lighthouse

At the eastern tip of Sanibel Island sits the 137-year-old historic lighthouse, offering magnificent views of the Gulf of Mexico and San Carlos Bay. Escape the everyday by sunning on the beautiful public beach, indulging in the great shelling, picnicking with friends at the grill area, or catching fresh snapper and black drum off the fishing pier. Once you've had enough fun in the sun, go beyond the beach with a stroll along the boardwalk nature trail through the wetlands. The lighthouse is not open to the public, but the picturesque area offers one of the best staycations around.

Escape the everyday by sunning on the beautiful public beach, indulging in the great shelling, picnicking with friends at the grill area, or catching fresh snapper and black drum off the fishing pier.

112 Periwinkle Way
Sanibel, Florida 33957
239.472.3700
sanibellighthouse.com