



# GIRLS WEEKEND

## ocean city • nj

downtown asbury ave.

SATURDAY & SUNDAY  
APRIL 7TH & 8TH

## schedule of events

### Wellness

#### YOGA GINGER

717 Asbury Ave. • www.yogaginger.com

##### Girl Power

Free Yoga Sat. & Sun. 9 am

Empowering women's mind, body, and fashion.  
Discounted Jewelry All Weekend: Malas,  
Baubles, bracelets, & more!

#### PLAAY FITNESS & YOGA

910 Asbury Ave. • 609-840-6671

##### Shakuhachi Tonal Healing and Aerial Meditation Workshop with Hikari Tenshi

Sat. 1:30pm-3pm, \$35 at the door,  
\$30 pre-registration

Meditate to soothing vibrational sounds  
while suspended in a silk hammock.

##### Aerial Flow and Glow

Sat. 6-7pm, \$25

Have fun glowing with black lights  
and glow sticks as you flow in an  
aerial yoga practice. Beginners welcome.

##### Buti and Bubbles

Sun. 8-9am, \$20

Bring your Buti on as you mix power  
Vinyasa, HIIT, and tribal dance to hi energy  
music. Refresh afterwards with a mildly  
effervescent kombucha on tap.

##### Women's Self Defense Class

Sun. 9:30am-10:30am, FREE

#### SNEAKER SHOP

704 Asbury Ave. • 609-391-5223

##### Girls Weekend 5K Run

Sun. 9am, FREE

Start at the Sneaker Shop for a  
run down Asbury, on the boardwalk,  
and back to the store.

Coffee and Bagels for our runners!  
Email sneaker704@yahoo.com if you  
plan to join the fun!

### Crafts

#### HÅNDLAGET

(handmade)

Corner of 8th & Central Ave. • 609-741-5212

##### Intro to chalk painted stencils and signs

Sat. 1pm, Sun. 10am, \$20

Make a fun decorative sign for your home.  
Reservations required.

##### Create your own coffee mug holder or wine rack holder

Sat. 7pm, Sun. 4pm, \$50

Paint or stain a wooden coffee mug holder or  
assemble and stain or paint a wine rack holder.  
Reservations required.

#### PEACE OF WOOD

1112 Asbury Ave. • 856-906-6346

##### Painting on Reclaimed Wood

Sessions available Sat. & Sun. from 10am-6pm, \$20

##### Mermaid Paint Night, Sat 7pm-9:30pm, \$50

Guided mermaid paint class on large scale reclaimed  
wood. Limited to 15 spaces, light snacks and  
refreshments provided. Registration required.

#### GLAZED OVER STUDIOS

704 Asbury Ave. • 609-398-8880

##### Painting Class, Sat. 4pm, \$30

Spring Time Crusin' Bike Painting  
Limited to 20 guests, registration required.

#### PINK MERMAID

1034 Asbury Ave. • 609-271-0014

##### Wine Cork Keychain, Sat. & Sun. all day, \$5

Repurpose your wine corks with beads &  
charms to create corky keychain.

##### Creative Upcycled Décor, Sat. & Sun.

Design creative wall décor with upcycled windows,  
wire & wood. Prices vary, call for your private  
session or group class.

#### THE SPOTTED WHALE

943 Asbury Ave. • 609-840-6667

##### Create Your Own Sea Glass Votive, Sat. \$10

Stop in anytime and create your own sea glass  
votive from 10am-3pm and enjoy light  
refreshments. Limited to the first 50 guests.

### Demos

#### SCRIM DISCOVERY NEEDLEPOINT

924 Haven Ave. • 609-398-6659

##### Intro to Needlepoint

Fri. & Sat. All Day

Learn how to needlepoint with a complimentary kit,  
and choose the perfect colors for your canvas.

##### Complimentary scissor sharpening!

Sat. 10am-1pm

#### BOHEMIAN MAMA

741 Asbury Ave. • www.BohemianMama.com

##### Do-It-Yourself Flower Crown

Sat. 11am-2pm

Stop by and make your own!!

#### SUN ROSE WORDS & MUSIC

756 Asbury Ave. • 609-399-9190

##### Book signing with children's book author Traci Dunham!

Sat. 11am-1pm

#### BOWFISH KIDS

956 Asbury • 609-938-1901

##### MerMazing BFF Makeovers

Sat. Noon-6pm, \$40 for two ppl

You & your bestie will receive Glitter  
Makeovers & a hair braid of your choice!  
Includes a MerMazing Yogurt bowl to enjoy!  
Registration required.

#### STANTON'S

810 Asbury Ave. • 609-545-8688

Sat. All Day

Jewelry & Accessory Demos:

Seafindings Jewelry

Clue Leather

Sterling Lane Jewelry Designs

Mermaid Tears Jewelry

Taste Testings:

SHE'Z THE BOSS • Two Tin Crows  
It's My Derby! • SLIM-ER TEATOX

Housewear Demos:

Art Corner

Salty's Sensations Wreaths

Wonder World Toys