



 Chesapeake Yoga
& Wellness
Presents:



Yoga, Bike & Wine Tour

Water Steet to Layton's Winery

Saturday, July 14 & Saturday, August 4
Starts at 9:00 am



Enjoy a 15-mile bike tour of Dorchester County's beautiful back country roads, perhaps see an eagle or two, along with the scenic undeveloped country of the Chesapeake. End your ride with an hour of outdoor yoga, designed to complement the active cycling of the day followed by lunch*, and a relaxing with a wine tasting and tour of one of Maryland's best wineries, Layton's Chance.

This adventure is for anyone wanting to spend time exploring the great outdoors! The tour, guided by Blackwater Paddle and Pedal Adventures, are leisurely and everyone of any age will enjoy the day with your local guide who will point out wildlife and tell some local history about Dorchester County.

Julie Phillips-Turner of Chesapeake Yoga & Wellness will present an all-levels yoga class that will complement the muscles and joints that are used while biking. Yoga mats & props will be available. *(A limited number of yoga mats are available on request.)*

Cost for event: \$125.00*

Cost includes guides, bike rental, helmet, yoga class, wine glass, tour, tasting, and a bottle of wine, and transportation. (*Add \$15 for a pre-ordered lunch; or bring your own)

RESERVATION & PAYMENT IS DUE 5-DAYS PRIOR TO EACH EVENT.



Please fill out the registration form below and mail with check payable to:
Chesapeake Yoga & Wellness, 220 Dutcher Road, Queenstown, MD 21658
(Please fill out a separate form for each person in your group)

Questions? Call 410-490-0033 or e-mail info@chesapeakeyoga.com

Date/s participating: July 14, 2012____ August 4, 2012____

Payment enclosed \$125.00 ____x____ +\$15 for lunch____x____

Total Enclosed: \$_____

Name: _____ Age: _____

Address: _____

City: _____ State _____ ZIP _____

PHONE: (H) _____ (W) _____

E-mail: _____

Age (Please verify that you are over the age of 21) : YES [] NO []

Do you have yoga experience? (Please circle) Yes No If yes, type?: _____

Do you have biking experience? (Please circle) Yes No



Start:
Blackwater Paddle & Pedal Adventures
4303 Bucktown Road
Cambridge, MD 21613
410-901-9255

End:
Layton's Chance Vineyard
4225 New Bridge Rd.
Vienna, MD 21869
www.laytonschance.com

