



 Chesapeake Yoga  
& Wellness  
Presents:

# Yoga & Kayak Day Retreat Series

June 15, July 13, & August 16, 2011

11:00am - 4:00pm

at the Chesapeake Bay Environmental Center



Blend the mind, body and your love of the outdoors with kayaking and yoga during this one day outdoor retreat. Prepare for kayaking with yoga poses that are compatible with kayaking techniques and movement. Enjoy a well rounded experience allowing you to enjoy a beautiful part of Maryland's Eastern Shore on the grounds of CBEC and the waters of the Chesapeake Bay by kayak viewing the area from an entirely different perspective, enhancing the entire experience with yoga in the outdoors. *Space is limited.*

- 11:00am - 12:00pm - Yoga
- 12:00pm - 12:45pm - Lunch\*
- 1:00pm - 3:30pm - Kayak
- 3:45pm - 4:00pm - Closing Meditation

**Cost per retreat date\*:**

- \$30 for CBEC members;
- \$45 for Non-members (includes additional fee for entry & kayak rental)
- \$35 for Non-members bringing a personal kayak
- (\*Add \$10 for a pre-ordered lunch; or bring your own)

**Save \$ and become a CBEC Member! Forms are available at Chesapeake Yoga & Wellness**

Please fill out the registration form below and mail with check payable to:  
Chesapeake Yoga & Wellness, 203 Romancoke Rd., Suite 50, Stevensville, MD 21666  
(Please fill out a separate form for each person in your group)

**Questions?** Call 410-490-0033 or e-mail [info@chesapeakeyoga.com](mailto:info@chesapeakeyoga.com)

Date/s participating:    June 15\_\_\_\_    July 13\_\_\_\_    August 16\_\_\_\_  
 Payment enclosed       \$30 \_\_\_\_x\_\_\_\_    \$45 \_\_\_\_x\_\_\_\_    +\$10 for lunch \_\_\_\_x\_\_\_\_  
 Total Enclosed: \$ \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE: (H) \_\_\_\_\_ (W) \_\_\_\_\_

E-mail: \_\_\_\_\_

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

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

**Location:**



600 Discovery Lane  
Grasonville, MD 21638  
<http://bayrestoration.org>