

Yoga & Kayak Columbus Day Retreat

October 10, 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)

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

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>