




**Chesapeake Yoga
& Wellness**
Presents:

Yoga & Wine Tasting at Cassinelli Winery

Wednesday, October 26, 2011
6:00pm - 8:30pm

If your daily routine is starting to feel like a never-ending marathon of deadlines and demands, then take a moment to slow down, breathe, enjoy the moment and a glass of wine during an evening Yoga & Wine Tasting Retreat at the Cassinelli Winery in Church Hill, Maryland

Enjoy an hour of hatha yoga, to calm the mind, followed by a full wine tasting, paired with fruit, cheese and chocolate, to calm the body – all on site at the Cassinelli Winery which is surrounded by vineyards and rolling country hills of the Eastern Shore.

Julie Phillips-Turner of Chesapeake Yoga & Wellness will guide you through gentle poses, breath exercises and yoga poses guaranteed to melt away your mental and mind tension.

Please bring a mat if you have your own (a limited quantity are available if you don't); wear comfortable clothes. Water will be provided.

So treat yourself to an evening of pure relaxation. While you may not be able to erase the demands of life, after this retreat, they will be a whole lot easier to deal with.

Space is limited to 10.

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: \$40 _____

(Includes yoga class, water, tasting, and light appetizers.)

Total Enclosed: \$ _____

Name: _____

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

Address: _____

City: _____ State _____ ZIP _____

PHONE: (H) _____ (W) _____

E-mail: _____

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

Location:



Cassinelli
WINERY & VINEYARDS

3830 Church Hill Road, Church Hill, Maryland 21623
<http://cassinelliwinery.com>