

Celebrate Life & the Summer Solstice!

Yogathon for Hospice

Wednesday, June 22, 6 - 8pm

at Ferry Point Park, KI

led by



Join Chesapeake Yoga & Wellness, and other area yogis in supporting Hospice of Queen Anne's with a traditional Summer Solstice practice of 108 sun salutations...yes, that's a bunch...it's meant to be meditation in motion. You may do half, you may do a quarter, and you may do them all! The count is not important, the point is...do what you can while helping a worthwhile organization that helps area individuals and families. All levels of yoga enthusiasts are welcome!

All proceeds from the suggested donation of \$15 for the class will go directly to Hospice of Queen Anne's – which helps patients and families with end of life care.

Students are encouraged to bring their own mats – or enjoy nature's own!

For more information contact Chesapeake Yoga & Wellness at info@chesapeakeyoga.com, call 410-490-0033 or visit us at www.chesapeakeyoga.com.



Benefitting Hospice of Queen Anne's

Location: Ferry Point Park, 425 Piney Narrows Road – Chester, MD 21619 (Parking is available at the Chesapeake Exploration Center.)

