



Chesapeake Yoga
& Wellness
Presents:

SUP Yoga

Stand Up Paddling Day Retreat Series

June 24, July 22, & August 11, 2012

10:00am - 1:00pm

next to Spring Cove Manor, Rock Hall, MD



Blend the mind, body and your love of the outdoors with Stand Up Paddling (SUP) and Yoga during this outdoor retreat. Prepare for SUPing with yoga poses that strengthen the body for SUPing, and SUP skills that help your experience -- then **take your yoga ON the SUP board!** Yoga on a SUP board a great way to practice balance and concentration surrounded by the calming water. Viewing the bay's surroundings from an entirely different perspective. Enjoy a well rounded experience allowing you to enjoy a beautiful part of Maryland's Eastern Shore just next to the grounds of Spring Cove Manor Inn.

Space is limited to 5.

- 10:00am - 10:30am - Yoga warm-up outdoors
- 10:45am - 11:00am SUP skills review
- 11:00am - 12:30pm SUP & Yoga
- 12:45pm - 1:00pm - Closing Meditation

Cost per retreat event date: \$60

Includes SUP rental, PFD, SUP instruction, yoga class and props, bottled water. Be sure to bring a towel, sunscreen - bathing suit or clothes that can get wet, and quick to dry, are highly suggested. Previous SUP experience not required, however,

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: June 24 ___ July 22 ___ August 11 ___

Payment enclosed \$60 ___ 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 stand up paddling experience? (Please circle) Yes No

Do you know how to swim? (Please circle) Yes No



Location:

Spring Cove Manor
21060 Spring Cove Road,
Rock Hall, Maryland 21661
Telephone (410) 639-2061