

Women's Yoga and Kayaking Retreat

Spring / Fall

(The Flow. As goes the river, so goes the yoga)

Instructors:

Cindy Dennard of SouthEast Adventure Outfitters, St. Simons Island, Ga. Cindy has taught kayaking since 1995 on the Georgia Coast and is a patient and resourceful instructor-and a pretty good cook. She has a passion for nature and the fusion of exploration into everyday life.

Sabine Vera has been a certified Yoga Instructor for 16 years, a registered Massage Therapist for 19 years, and a student of yoga for over 35 years. She has studied extensively with many of the worlds most highly regarded teachers from the East and the West, including Sri K Pattabhi Jois, All of her classes reflect a deep understanding of these teachings, a talent for designing methods that make difficult things easy, and an awareness of the body gained through years of practicing therapeutic massage, along with athletic and yogic inquiry. She founded Elysian Fields Yoga Center in 1998, and remains devoted to studying and imparting the fullness of yoga, along with helping people restore and optimize their lives through hands-on therapies.

Karen Lucas is a registered yoga teacher with Yoga Alliance and a certified Kripalu Yoga teacher. She began studying Iyengar yoga in 1997, developing strong principles of alignment and safety which are the foundation of her teaching style. Karen's classes are designed to lead students of all levels on an inward journey of the self and the needs of the mind and body, toward good health and spiritual harmony. Karen teaches yoga classes regularly on St. Simons Island. She brings experience from her studies with many different yoga teachers from all over the country as well as from her deeply spiritual personal practice.

The kayaking trips will focus on observing and exploring the abundant environment surrounding us on the Satilla River. Average trip length will allow for a relaxed pace while still providing physical rewards. The trips are designed to complement the yoga instruction.

The flow yoga classes will focus on restoring balance to the body before and after the rigors of paddling and travel, and awaken the mind to harmonious use of our energy. By observing the nature of flowing water and how to move with it with maximum ease, we can come to visualize the body as the same. Free flowing energy, creativity, and yes, water. By learning to be the water that we in truth are, unknown flexibility, strength and mental clarity become more available. Within this framework, you'll learn principles of yoga practice along with linking movements and methods of breathing that support your work.

Retreat components:

The beauty of the Satilla River

Expert, patient paddling instruction and guidance

Beds or tent sleeping (you choose)

**A menu that supports good health and strength
Yoga carefully designed just for the nature of the retreat
Caring community of like-minded people**

Retreat quirks:

Indoor shared sleeping arrangements

Versatility due to weather conditions

**600 private acres along a remote stretch of the Satilla River
(I.e. poor cell-phone reception)**

Completely safe Sulfur well water for showers, in some cases

TRIP INFORMATION:

Meeting at the Lodge (directions at the end of document) at 5pm on Friday
Done on Sunday, after lunch.

Friday - arrival, orientation, preliminary yoga session, dinner

Saturday - tea/coffee, morning yoga, breakfast, kayaking trip ,lunch evening yoga, dinner.

Sunday - tea/coffee, morning yoga , breakfast, kayaking trip, lunch.

Included in the trip:

Roomy tents placed around the property (bed space available if desired)

All meals, snacks

Kayaking and yoga equipment

All instruction

What to Bring for the yoga:

Comfortable clothes suitable for stretching and practicing yoga

Bring a personal yoga mat

What to bring for the kayaking:

Bathing suit

Sun protection: hat, sunscreen, long sleeve shirt, long pants

Reusable water bottle

Shoes that can get wet and stay on your feet

Camera or binoculars protected in zip-locs or a dry bag

Flashlight

Reusable water bottle (like a Nalgene)

Cost : \$450 tents or bed space -deposit and reservation required

Maximum 12 participants

No experience needed.

**Please call or e-mail SouthEast Adventure for more information or to
sign up!**

Kayak@SouthEastAdventure.com / 912-638-6732

Directions to the Satilla River Lodge

From North: From I95 South take Exit 29. Go right off of the exit onto Hwy 17S. Right after the truck stops you will follow Hwy 17S by taking a left at a stop light - there are signs. Stay on Hwy 17S - pass through Waverly - go over White Oak Creek - in the small town of White Oak take a right onto Rt. 252. Go 12 miles to Bailey Mill Rd and take a left onto the dirt road (there will be a sign for Burnt Fort chapel and the Catfish Farms). Bear right and continue 2.6 miles. At the sign for the Satilla Lodge turn right through the gate. Continue 1.6 miles straight to the Lodge.

From South: From I95 North take Exit 14 to Woodbine. Take Spur 25 (Satilla Bluff Road) into Woodbine and take a right onto Hwy 17N. You will go over the Satilla River as you leave town. A few miles north in the small town of White Oak take a left onto Rt. 252. Go 12 miles to Bailey Mill Rd and take a left onto the dirt road (there will be a sign for Burnt Fort chapel and the Catfish Farms). Bear right and continue 2.6 miles. At the sign for the Satilla Lodge turn right through the gate. Continue 1.6 miles straight to the Lodge.