



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YOGA DAY RETREAT

November 12, 2017

9 am-4 pm



Full Day (9 am-4 pm w/lunch)
Full Member Non or Program Member
\$45 **\$65**

1/2 Day (Includes lunch)
Full Member Non or Program Member
\$35 **\$55**

Children \$10 per kid

- 8:30 am Registration
- 9:00 am Opening Group Session
- 10:30 am Yoga Sessions
- 12:45 pm Vegan Lunch & Special Topic
- 1:45 pm Afternoon Yoga Sessions
- 4:00 pm Closing Savasana

Itinerary subject to change.

At the Sussex Family YMCA
20080 Church Street, Rehoboth Beach, DE 19971

Register by calling 302-296-9622
Contact Suzette Chambers-Marrin for more details.
302-296-9622 or Schambers-marrin@ymcade.org

Meet the Talent!



Kimberly Anderson
Tai Chi Instructor



Lisa Bird
Yoga Instructor



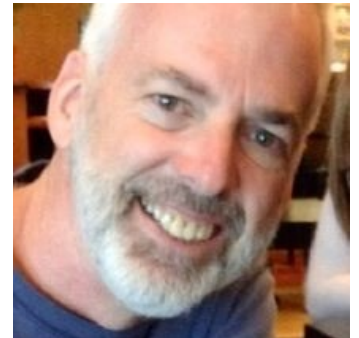
Gwen Gerty Hays
Yoga Instructor



Iris Mancuso
Yoga Instructor



Holly Piper-Smith
Meditation/Yoga Instructor



Mark Plitman
Yoga Instructor



Tim Rennick
Yoga Instructor
Massage Therapist



Patricia Truitt
Yoga Instructor
Massage Therapist



Karen Wexler
Meditation/Yoga Instructor