



Retreat Center of Maryland

Yoga and Kayaking with Kathy Donnelly

Sunday, September 30, 2018

10 a.m. - 2:30 p.m.

Piney Run Park (Pavilion 6)

30 Martz Road, Sykesville, Md.

Cost: \$65

Questions? Email us at
info@retreatcenterofmaryland.org



Registration limited to 12 participants

Join Kathy Donnelly as she shares her two passions: yoga and kayaking. The day begins with an outdoor 90-minute yoga class under a pavilion. After a lunch break, the group will join the park naturalist for a guided tour of the 300-acre lake, including an eagle's nest and other features of this beautiful park. Registration cost includes park entrance fee, yoga class and kayak rental. Participants are free to stay after the program to hike the 550 acres that surround the lake.

Register early! This program is limited to 12 participants. Yoga experience is preferred, but no kayaking experience is necessary. Please bring your own yoga mat and lunch. Wear comfortable clothing and shoes that can get wet, as well as a hat and/or sunglasses and sun screen.



Kathy Donnelly, E-RYT 500, is the director and owner of the Yoga Center of Columbia and has been teaching since 1999. Kathy's teaching style is welcoming and nurturing, encouraging transformation from the inside out. She is a member of the Board of Directors of Retreat Center of Maryland.

Directions: Enter the park and take the first left (across from the Park Office). Bear right on the gravel road and continue to the end to Pavilion 6.



TWO REGISTRATION OPTIONS: 1) Register and pay online at retreatcenterofmaryland.org. 2) Complete this form and return with payment to Retreat Center of Maryland, c/o The Yoga Center of Columbia, 8950 State Route 108, Suite 109, Columbia, MD 21045-2146.

Name _____ E-mail _____

Address _____ City _____ State _____ ZIP _____

Day Phone _____ Night Phone _____

This is a new address.

I will pay by Visa MasterCard American Express Discover

Please enroll me for **Yoga & Kayaking**, 30 Sep 2018

Acct. No. _____ Exp. Date _____

I have included cash or a \$65 check payable to Retreat Center of Maryland.

Signature _____