

Wouldn't you love to escape for the weekend.....

# Yoga Weekend in the San Juans

Benefiting Canoe Island French Camp\*

\*Canoe Island French Camp is located on Canoe Island in the San Juan Islands. Each summer Canoe Island French Camp welcomes campers age 9-16 to enjoy the many activities of the camp while learning French language and culture. A little bit of France in the San Juan Islands!

As a non-profit 501c3 organization, a portion of your fee will be designated as a tax deductible donation to the Camp Scholarship Fund.  
[www.canoeisland.org](http://www.canoeisland.org)

**May 21, 22, 23, 2010**  
**\$215.00 - all inclusive**  
**(Includes a \$55 donation to Canoe Island French Camp Scholarship Fund—additional donations are welcome)**

Your fee includes all activities, yoga classes, delicious meals, and transportation from Orcas Island via private boat.

Accommodations: You will stay in camp tipis which have 4 beds (bring sleeping bag) and electric light.

Bathrooms/showers have hot water and electricity. You can come alone, with a friend or as a couple.

Space is limited.

If filled, we will take a waiting list.

Transportation: We will park cars in Anacortes and walk on the ferry to Orcas Island (you are responsible for parking and ferry fees).

Pick up times TBD

Questions?? Contact Kris Lowe—  
[kris@heartfilledyoga.com](mailto:kris@heartfilledyoga.com)  
[www.heartfilledyoga.com](http://www.heartfilledyoga.com)

Or Canoe Island—[info@canoeisland.org](mailto:info@canoeisland.org)

Join Kris Lowe for an all inclusive yoga weekend on beautiful Canoe Island in the San Juans.

**May 21, 22 and 23, 2010**

Active morning (outside if possible!) and candlelight evening yoga classes, delicious cuisine (bring wine if you want!), sailing, kayaking, heated swimming pool, tennis, hiking, relaxing. Do as much or as little as you choose! No previous yoga experience necessary. This is a private island, and we will be the only ones there — an oasis of beauty and serenity!

