



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2ND ANNUAL YOGA RETREAT AT CAMP MERRYWOOD



**Wednesday, August 21st**

**6:00pm - 7:30pm | Yoga with Candice**

**6:00pm - 7:30pm | Chair Yoga By the Water with Pam**

**7:30pm - 8:00pm | Fruit Infused Water, Water Bottles & Social Event**

**ALL  
LEVELS  
WELCOME**

## REGISTRATION INFORMATION

**Don't wait! Register Early and Save.**

- Register July 29 - Aug. 2: \$25 for Facility and Program Members
- Register Aug. 3 - 21: \$30 for Facility and Program Members

## WHAT TO BRING:

Yoga Mat/Blanket, Blocks, Straps, & Water

### Camp Merrywood Address

1249 Jesse Bridge Rd

Pittsgrove, NJ 08318

(Only a 15 minute drive from our YMCA)

**ALL PROCEEDS WILL GO  
TOWARDS THE HEALTHY  
LIVING DEPARTMENT**



\*Ages 15 and up are welcome to participate in any of our group exercise classes

**Cumberland Cape Atlantic YMCA**

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