



Pender Island SUP & Yoga Retreat

With Just Add Water Yoga & Mermaid Paddle Yoga

Location: Pender Island, BC Canada

Dates: July 22-24, Aug 12-14, Sept 16-18

Join us for the getaway designed to explore new waterways and reconnect with nature. This weekend away from the every day is sure to re-ignite your love for the West coast. We will spend each day warming up and cooling down with land movements and spend mid day out and about on Pender Island exploring its local magic. On water we will paddle beautiful coastlines and even take time to stretch out with some SUPYoga *for those who want to 😊 Kelly-Ann, our Pender Island host will provide daily breakfast and the weekend will include 1 lunch and 1 dinner made on property, and the remaining meals will be up to you with great recommendations of local favorites.

What's included:

- 2 Nights Accommodation in a shared house. **3 bedrooms + camping option*
- 2 Breakfast, 1 Lunch & 1 Dinner included on site.
- Daily SUP Excursions
- Optional SUP Yoga or an extra SUP excursion.
- Daily Movement including Yoga – breathwork, asana & meditation

*Rooms can be accommodated for a couple or individuals – send us a message with any questions.



*more photos of accommodation available – just ask!

Pre-requisite:

- Must be able to swim and some paddle experience is expected in order to access coastal areas.
*unsure of your skills? Send us a message

What's not included:

- Wetsuits *may not be needed
- SUP Boards *rentals can be arranged
- Snacks & Drinks *we suggest you bring some between meal snacks and what you like to drink alcohol or non-alcohol
- Transportation to and from Pender Island *but if you would like to connect with other participants to share the drive and possible ferry costs please let us know.

What to bring:

- SUP Board
- Fins
- Leash
- PFD
- Paddle
- Wetsuit *optional
- Booties
- Gloves
- Towel
- Sturdy foot wear
- Yoga Mat
- Yoga props – block & bolster if you have *or can be provided upon request.

Price: \$755/pp Booked prior to May 15th, 2022

\$855/pp if booked May 16th and beyond

Booking & Cancellation Policy

A deposit of \$200 will be taken at time of booking with the remaining balance collected 1 month prior to your retreat dates - should you wish to pay in instalments this can be arranged. Bookings can be transferred to another person on the waitlist. Cancellations made within 30 days result in a full payment loss for the trip. Just Add Water Yoga Ltd reserves the right to cancel a trip due to unsafe conditions. If there is insufficient registration the program may be cancelled prior to 30 days and all funds refunded to participants, or put toward a future program.

Contact: kristy@justaddwateryoga.com to book with etransfer and/or CC payment today

Kelly Ann & Kristy

