



Women's Transformational Kayak Journeys

July 28-30 / August 11-13, 2017

Are you ready for an incredible adventure?

Join two fun, professional kayak guides and a small group of adventurous women as we grow, share, relax and rejuvenate on beautiful Blake Island. This is an opportunity to explore your intentions and goals, cultivate gratitude, let go of things that don't serve you, build new relationships, be empowered by other amazing women...and have fun!

Who: Beginning to experienced paddlers

What: Friday-Sunday kayak camping trip

When: July 28-30 or Aug 11-13

Cost: \$325 with own kayak, ask about kayak rentals

Where: Start and end at Fort Ward on Bainbridge Island, camp on Blake Island.

Included: Short kayak trip, yoga on the beach, organic food, a kayak packing demonstration, walking exploration of the island, beach art, sharing, learning, kayak and body dynamics instruction, fun and personal relaxation time on beautiful Blake Island. Kayak rentals available upon request.

To learn more and reserve your spot (space is limited):

Spring Courtright: 360.265.2477, springcourtright@gmail.com, www.SpringCourtright.com

Maria Cook: 206 842-7706, kayakmariacook@gmail.com, www.healingandmore.com

A Spa for your Wild Soul!