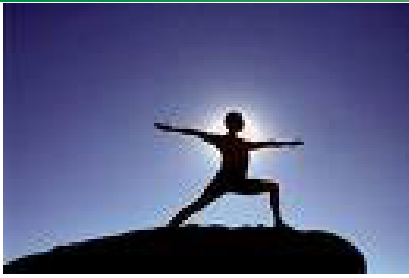


# Bamboomoves Summer Retreat: Rapids Release



This summer, our second seasonal retreat of 2008 will take place in the glorious wilderness of northern Maine. Our base camp will be made at the valley of the Dead River, the longest stretch of whitewater on the East Coast. This program will be a chance for participants to reconnect with nature, eat and live in a healthy green environment, challenge their body and mind through hiking and rafting, and experience the awakening of their energy and spirit through programs in yoga and meditation.

## Participants will experience...

Healthy Vegetarian Meals  
Waterfall Meditation (Bigger than last time)  
Spiritual Practice  
Yin/Yang Water Harmonization  
Great People  
Bamboo Sword Training

Mountain Hiking  
Yoga Classes  
Bamboo Yoga Philosophy  
Chakra Training  
White Water Rafting  
An Unforgettable Experience

Four days and three nights of good people and great training. Take this opportunity to experience physical, emotional, and spiritual awakening this summer through the Bamboomoves Retreat!

**Time:** Fri August 29th (check in after 3pm, dinner 7pm, program starts 8pm) to Mon. Sept. 1st (leave after lunch, around 1pm)

**Place:** The Forks, Maine. "Magic Falls Base Camp" (Dead River and Appalachian Trail). Cabin Tents Provided.

**Cost:** \$500 includes food, lodging, rafting, programs. (transportation separate)

**Transportation:** Flights to Portland, (Jet Blue recommended asap) Shuttle to The Forks arranged as date gets closer. Ask Kaity.

Date: \_\_\_\_\_ Name: \_\_\_\_\_

PAID \$ \_\_\_\_\_ Signature \_\_\_\_\_ Accepted By: \_\_\_\_\_

non-members please fill out: DOB: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone:(H) \_\_\_\_\_ (W/C) \_\_\_\_\_ E-mail: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone \_\_\_\_\_ Relation \_\_\_\_\_

Payment method: Cash  Check  No. \_\_\_\_\_ Credit Card  No. \_\_\_\_\_ exp \_\_\_/\_\_\_

Consent form: I understand that during the retreat it may be necessary for the instructor to adjust or touch parts of my body, including the shoulders, abdomen, legs, arms, and head. I hereby give permission for such appropriate touching. I also understand that the retreat will involve strong physical activity and may want to consult a physician before participating. I hereby voluntarily assume all risk of injury during the retreat and expressly forever release and discharge Bamboomoves LLC, Andrew Tanner, and their associates from all such claims, demands and damages.

Signature \_\_\_\_\_ Date \_\_\_\_\_