



Spirit, Mind, Body

A weekend retreat on Lake
George
amidst the
Adirondack Mountain
fall foliage

Oct 2 – 4
Fri dinner
to Sun lunch
Bring:
sleeping bag
yoga mat
notebook

A retreat featuring
yoga
meditation
tai chi
massage
music
dancing

Where you can
swim
canoe
hike
kayak
sail

relax
heal
have fun!

\$250/Y member
\$270/others

Curious **beginners** will come away with basic skills and understanding; **advanced** yoga students will be challenged to reach new levels. More than 15 professional instructors will inspire all.

Lodging includes rustic bunk cabins with central bathhouses, nutritious and delicious meals, including vegetarian.

For more information, please call 518-399-8118, ext 3340



Please mail to: **YMCA Camp Chingachgook** • 1872 Pilot Knob Rd • Kattskill Bay, NY 12844
fax: 518-656-9362 • PHONE: 518-656-9462
web: www.chingachgook.org • email: chingachgook@cdymca.org

REGISTRATION : YMCA SPIRIT, MIND, BODY RETREAT

Send a nonrefundable deposit of \$100/person/weekend. The balance is due upon arrival. Please make checks payable to YMCA.

\$250/Y member; \$270/others; Day rate: \$175/Y member, \$185/others

Name: _____

Address: _____

Email: _____

Phone(s): _____

Cabin/cabinmate preference (if any): _____

Please use group name for parties of three or more

Please charge to:	<input type="radio"/> Discover	<input type="radio"/> Visa	<input type="radio"/> MC	<input type="radio"/> Amer Exp
Amount	_____			
Charge number	_____			
Exp date	_____			
Signature	_____			

YMCA Membership

YMCA membership is open to everyone without regard to race, color, gender, religion, or national origin. If you are not a member of any YMCA during your program at camp, you must pay the nonmember rate. **You are eligible for the member rates ONLY if the following information is completed:** I am a member at the _____ YMCA

Card number: _____

Exp. date: _____