

## Join us on this adventure! April 27- May 3, 2018

**A**s we embark on our week's journey, we will come together in ceremony to honor Mother Ocean, Father Sky, our sailing ship, Captain and Admiral and each other.

We will be sharing our stories and setting our intentions for this week of adventure.

After settling in to our quarters and enjoying a scrumptious meal, we will come together at days end for a Gentle Partner Yoga practice and some partner Massage and meditation as we share awe-inspiring sunsets. And imagine the peace of being rocked into the night's slumber, aboard Ciganka, on the gentle ocean waves.

Each morning we will find ourselves waking to the sunrise in a different spot in the beautiful Abacos. Starting our days being in gratitude and paying tribute to the warming sun with a flowing yoga practice of Sun Salutations, and a variety of asanas, determined by the needs and desires of our group. Then satiating our bellies with a fabulous breakfast prepared for us onboard by Chef Linda.

Our days together will offer much variety as we explore new places, swim or snorkel, eat great food, enjoy more yoga and take in plenty of relaxation. And our yoga practices each day will also provide much variety in their styles and levels of energy, as well as their locations. In addition to asanas we will expand our practices of pranayamas, mudras, bandas and engage in discussions of yogic philosophy.

This week offers you the opportunity to engage in a journey of limitless possibilities. It will be my honor to share this adventure with you.

Namaste,  
Sherry Boehme

<http://www.sailingadventures.org/yoga-sailing-retreat-3/>