



YMCA OF
GREATER
MONTGOMERY

EXPLORE
CONNECT
EXPERIENCE
RELAX

YMCA YOGA RETREAT AT CAMP CHANDLER

OVERNIGHT REGISTRATION: \$125 MEMBER,
\$165 NON-MEMBER

DAY OF REGISTRATION: \$100 MEMBER, \$135 NON-
MEMBER

ALL INCLUSIVE LODGING WITH MEALS PROVIDED

- *GUIDED YOGA SESSIONS
- *WALKING MEDITATIONS
- *SOUND BATH THERAPY
- *REIKI & MASSAGE BY APPT.

WELCOME ALL LEVELS, AGES 15&UP
BENEFITS YMCA ANNUAL CAMPAIGN

FRIDAY CHECK IN 3PM – SUNSET SESSION 4:30PM

SATURDAY SUNRISE SESSION 8AM

NOV. 15-16

YMCA CAMP CHANDLER
1240 JORDAN DAM RD.
WETUMPKA, AL. 36092

FOR ADDITIONAL DETAILS PLEASE CONTACT: LILA BOWERS
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REGISTER@YMCAMONTGOMERY.ORG , AT ANY BRANCH