

# surf yoga

WORDS AND IMAGES ROSE McNULTY

The second annual, end-of-summer, Yoga and Surfing event, with yoga instructor Emily Garrett from Burlington, Vermont returns August 19-21, 2005. This year she takes the retreat to Wells, Maine.

August ends with the start of the hurricane season for the east coast, which makes for great riding conditions. Last year's season was no different. Within a few short hours of gathering together at the Shel-Al campground in North Hampton, New Hampshire, the adventure began with a bang. A powerful thunderstorm rolled into the campground, which, unbeknown to us, was the fringe of a few small lines of tornados.

DeAnna Mercier saw last year's storm as one of the most memorable parts of the weekend. Pouring rain and shafts of lightning had us running. As she said, "A few of us were crazy enough to try to hold the dinner tent down, which was ready to blow away. We wondered--scared and hysterical, laughing at the same time--if we could be electrocuted from the tent poles. It was a thrilling way to start the weekend. The yoga and surfing were as beautiful as was the group." The storm served to quickly bond those of us who were near strangers and churn up the ocean making for great waves.

Each morning we awoke to yoga on the beach and then returned to the campground for a hot breakfast. After surviving the first nights thunderstorms, Arielle Schwartz, who took to surfing like a true mermaid, said, "I was surprised by the quietness that morning and that the beach was still there and not swept out to sea." In the mist on the ocean's edge, Emily leads morning yoga practice. She has a style that gives detailed instruction and yet guides students to find their own unique expression of each moment. Her training in modern dance and Kripalu yoga, and her enthusiasm as a teacher, compliment Emily's yoga instruction.

Surfing instructor Mike Veltsos, owner of the Freeride Surf School out of 2-SI Surf factory is back this year, teaching the morning surfing lessons. His teaching style begins with surfing drills on the beach and then in the water. Mike makes certain that each of us has a one-on-one tutorial and critique from him. Last year, Mike's guidance ensured that everyone stood on their boards. With Mike's encouragement even I was able to nose-ride or hang ten as they say.

Emily sees riding waves as a way to connect with each moment - to expand beyond the limits of our egos. "We ride the rhythm of the waves the same way we ride our breath through asana practice", she says. I think about Emerson's perspective on nature and how it restores the body. He wrote, "The health of the eye demands a horizon. We are never tired, so long as we can see far enough."



In between surfing and practicing yoga, we eat nourishing, organic vegetarian food. All the vegetables are harvested from Emily's personal garden, Burlington's Aretheusa Farm and Intervale Community Farm. Oh, and amazing vegan chocolate-chip cookies from Em's friend Joe are the treat.

We close our evening under the stars with a campfire and s'mores. After recounting the day's events, we head back to our sleeping bags for a much needed rest. Raina Bourland, a fellow participant, summed up last years event perfectly; "I didn't feel exhausted but felt serene and calm. It was so much fun to be with such a great group. I most definitely didn't want to come home."

For those who appreciate a connection with the outdoors, this event is ideal. Surfing, practicing yoga and camping on the northeast's coast is a recipe for adventure and good health.

The event is for veterans or beginners to yoga, surfing or even camping. All are welcomed to come explore the world of surfing and the relaxation of yoga. The weekend includes lessons with a local surf instructor, yoga classes on the beach and two nights camping. All meals included.

To register contact Emily at [www.emilygarrettyoga.com](http://www.emilygarrettyoga.com), or call 802-862-3591 for details about the weekend.



Emily Garrett YOGA  
20 Spruce St. Burlington, VT 05401 802.252.0901 [emilygarrettyoga.com](http://www.emilygarrettyoga.com)