

## ACTIVE SUMMER GETAWAYS AND RETREATS IN MAINE: HIKE. BIKE. YOGA. RELAX



ACTIVE LIFE . GETAWAYS & RETREATS . OUTDOORS

MAY 21, 2016 • SUMMER OUTDOOR ADVENTURES • THINGS TO DO IN MAINE ♥  
471 VIEWS



**G**et away right here in Maine. These active summer getaways and retreats will take you to some of Maine's most stunning locations – in the woods, along the coast, and on the water – and you'll get there via bike, boat, kayak and foot. You can ride, paddle, hike, and do yoga during the day, then kick back with a relaxing dinner, wine and cheese, sunset sail or just your own thoughts in the evening (your thoughts will probably be something like, "Dang, I'm so glad I did this").



*Brenda Cyr leads yoga aboard Angelique and on paddleboards during this getaway. Photos courtesy Windjammer Angelique*

## Sailing and Yoga Retreat with Willard Beach Studio and Windjammer Angelique

Sunday, August 7 to Thursday, August 10

Camden

\$750 includes three nights aboard Angelique, three meals per day with additional lobster bake, daily yoga, island excursions and time to relax on your own

FMI: [www.willardbeachstudio.com](http://www.willardbeachstudio.com)

Yoga and a sailboat. It's a splendid and oh-so-relaxing combination. This four-day sail includes yoga every day and healthy meals and snacks, plus time for you to kick back with a book or take a nap or just sit and think, "wow, I'm on a sailboat." Check out

Angelique: [sailangelique.com](http://sailangelique.com)