

YOGA RIVER RAFTING VACATION

with Susan Fox and ECHO River Trips

August 21- 25, 2010

I invite you to join me on a 5-day Yoga Rafting trip on one of my favorite rivers, the **Rogue River** in southwest Oregon. I have gone down the Wild and Scenic stretch of this river about 20 times and every time I get off the river I can't wait to go back. (I'm going on 3 Rogue trips this summer! River rafting and yoga are my favorite things to do and I'm very excited to be able to offer them both in one trip.

We will travel in rafts and inflatable kayaks through the 38-mile Wild and Scenic section of the Rogue, Oregon's most popular rafting river. Each day will feature a vinyasa yoga practice, exciting and safe rapids, warm water for swimming and playing, plenty of wildlife, fabulous food, and stunning scenery.

Our rafting outfitter, ECHO river Trips, has been running safe, high quality river trips since 1972. ECHO's professional guides are experienced, fun, knowledgeable, and entertaining—and fabulous cooks!

We will have a variety of crafts to use during the trip-- paddle boats, oar boats, and inflatable kayaks. We will sleep on pristine sandy beaches along the river. ECHO will provide tents, sleeping bags, and mattresses.

A typical day will begin with an invigorating yoga practice with many options for beginners. After a delicious, full breakfast, we will get on the water and raft or kayak (your choice) until lunch. After another healthy, delicious meal, we'll get back on the river for a few more hours before stopping for the day at our camp. During this free time before dinner, you can hike, watch the osprey, river otters and other wildlife, read, enjoy the happy hour hors d'oeuvres, or just put your chair at the water's edge and contemplate the canyon. After dinner, there will be music around the campfire. The stars are incredible. The yoga is optional.

Cost for this trip is \$995 per person, 5 days and 4 nights, and all on-river meals. For more information about ECHO and the Rogue River, and to make a reservation go to www.echotrips.com. You can contact Susan Fox at 650-323-5533 or at Susan@SusanFoxLifeCoach.com. This trip is limited to 20 people.