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# The Palm Beach Post

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Posted: 4:00 p.m. Thursday, July 3, 2014

WELLNESS RETREAT

## Paddleboard yoga makes a splash in Manalapan



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By Mary Thurwachter

Special to The Palm Beach Post

Wellness bliss goes to the sea for the Float & Fly standup paddleboarding yoga retreat at Eau Palm Beach ([www.eaupalmbeach.com](http://www.eaupalmbeach.com)) in Manalapan July 17-20.

The four-day experience includes three nights accommodations, a welcome fire circle and intention setting ceremony, a Mala (a form of Ashtanga yoga) making workshop with international yoga teacher Amelia Travis, two standup paddleboard yoga classes led by Travis, an evening spa garden party, an acrobatic partner yoga workshop, unlimited access of Eau Spa, daily gourmet fresh-pressed juices, an inversion workshop, a gift bag (with yogi apparel, accessories and snack) and a keepsake USB with photos of the weekend.

The price tag: \$995 for a single room, \$1,425 for two in a room, and \$595 for locals who don't require accommodations.

For reservations (due by Thursday), call 561-540-4960.

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