

# Second Wind Llama Adventures

## **NEW!** Please Join Us for a Llamas & Yoga Wellness Adventure



## Reserve Now!

Wednesday, April 19, 2017 from 12:30-4:30 pm • Rain date Thursday, April 20  
at Second Wind Farm NE, LLC, New Egypt, NJ adjacent to  
the beautiful Colliers Mills Wildlife Management Area

### What's on the Agenda?

- 12:30 pm Check in, optional BYO lunch at the farm
- 1:00 pm Meet & greet and llama introductions
- 1:30 pm Llama walk – the llamas will gladly carry our stuff approx. 1.25 miles to the grassy berm at the end of the lake at Colliers Mills
- 2:15 pm Open level vinyasa yoga led by Bill Ades. The llamas will rest, graze, and share their calm, healing energy while we enjoy our yoga practice
- 3:15 pm Walk with llamas back to the farm
- 4:00 pm Light refreshments & shopping – artisanal quality llama fiber items and Llamaste, inc. yoga products
- 4:30 pm Wrap-up and farewells
- Price \$75 per person. Group size will be limited to 10, so reserve early to save your spot

### Call or email Bev to register or for more information

**Bev Vienckowski**  
**Second Wind Farm NE, LLC**  
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Instagram: secondwindllamas

*Our instructor, Bill Ades, owner of Llamaste, inc., is a certified yoga instructor through The Kaivalya Yoga Method 500 hour Teachers Training Program as well as a certified health coach. He uses his knowledge and experience to help others create an overall harmonious balance in their lives. His company Llamaste, inc. and logo combines his passion for yoga and love for llamas in creating yoga bags, which are designed for comfort, durability and fun. Bill lives in Brooklyn with his wife and family where he practices and creates art from his home studio. Visit [www.llamasteinc.com](http://www.llamasteinc.com) to see his product line.*