

PLEASE JOIN US FOR A

Mother Earth Celebration

DATE CHANGE!

SUNDAY, MAY 31 | 7-9 AM

LONG SANDS BEACH, YORK, ME

YOGA, SURF/DUNK + BREAKFAST

—Meet at the bathhouse—

RSVP by May 29:

CRADLETOWAVENH@GMAIL.COM

\$20 Venmo/cash upon arrival*

Please bring:

- TOWEL + YOGA MAT
- WARM CLOTHES
- SWIMSUIT/ WETSUIT
- SURFBOARD (*optional*)

**If cost is a barrier, please ask to waive the fee in your RSVP.*

Cradle to
WAVE

CRADLETOWAVE.COM