

# YOUR SUMMER, NATURALLY, AT SAN ELIJO LAGOON



*San Elijo Lagoon* CONSERVANCY  
Connecting communities. Protecting nature.

**Is there nature in your summer?** Come trailblazing in cool ocean breezes on a sunset tour or practice yoga in the scented coastal sage scrub. Nature discovery, fitness, and culture are part of a new lineup of summer tours and events, presented by San Elijo Lagoon Conservancy.



## Birds of a Feather: Rooted in Flight

- Saturday, October 7:  
5:00-9:00 pm—Reserve by July 15 for Early-Bird Tickets
- San Elijo Lagoon Conservancy and our sponsors, supporters and members invite you to the signature event of our 30th Anniversary. The North County coastal celebration raises funds for conservancy actions benefiting nature and community. Meet live birds. Enjoy contemporary and new age sounds; bid in the 2017 auction and live program, and sample a crafted menu of specialty cocktails, hors d'oeuvres, and gourmet dinner.
- Reserve today:  
[SanElijo.org/BF17](http://SanElijo.org/BF17)



## Kumeyaay Sunset Tour

- Thursday, July 13:  
6:30 – 8:00 pm
- As daytime heat shifts to cooler breezes, nature's happy hour begins. With the soundscape of birdsong at day's end, Conservancy naturalist Kathy Dickey, an expert in early Kumeyaay culture, will point out plants the Kumeyaay use. We'll watch sunset with a Taste of the Trails refreshment.
- Members \$5 | Public \$10



## Trailside Yoga

- Saturday, August 26:  
8:00 – 10:00 am
- Exhale stress. Inhale sage-scented air in a 90-minute Vinyasa flow yoga experience. Participants will also receive a vial of sage oil. Outdoor yoga will be led by guest instructor Lise Marshall, a True Nature School of Yoga graduate who specializes in restorative practices and yoga hikes.
- Members \$20 | Public \$30



## Our Changing Climate Family Fun Days

- Sundays: July 2 and August 6:  
11:30 am – 1:30 pm
- Kid-friendly and interactive experiences make learning about nature more meaningful. Our Changing Climate shines a spotlight on Wildlife Corridors in July and in Climate Solutions in August, presented by Conservancy Naturalists & County Rangers at the Nature Center.
- Free

Lagoon Discovery Tours are First/Last Saturdays, 10-11 am, at the Nature Center; Free

Calendar: [SanElijo.org/Events](http://SanElijo.org/Events)

San Elijo Lagoon Conservancy is the community-supported nonprofit land trust for San Elijo Lagoon Ecological Reserve.