



San Elijo Lagoon CONSERVANCY
Connecting communities. Protecting nature.

FOR RELEASE—September 9, 2016

Attention Editors: Community Events; North County; Arts & Entertainment

Fall Tours Embrace Fitness, Discovery, Arts & Culture at San Elijo Lagoon

From Salt Marsh Yoga to Not-So-Scary Estuary—Fun for All Ages

Solana Beach — Ever practiced yoga in a group, outside in the sage-scented air? Or sketched a native plant in all its detail? These discoveries, and a dozen more, are part of an all-new lineup of fall tours and events now through December, presented by San Elijo Lagoon Conservancy. People of all ages can explore the outdoors through fitness, nature discovery, and arts and culture. Here's a preview of early fall:

SEPTEMBER 2016

Birdwatching for Beginners

Sunday, September 18: 3-4:30 am

Join a tour to inspire your interest in avian species for a lifetime of delight observing birds. Bring along binoculars (some available) and your favorite field guide (not required) and we'll include tips on how to get the most out of bird watching. Led by Conservancy naturalist Emmy Garnica. *Complimentary Tour*

Salt Marsh Yoga

Saturday, September 24: 9-11 am

Exhale away stress. Inhale sage-scented air as you find balance in your mind and on your mat at San Elijo Lagoon. Join our 90-minute Vinyasa flow yoga experience, trailside with James Petracca. Includes sage relaxation eye pillow. Ages 9+ Members \$20 | Public \$35

OCTOBER 2016

Our Changing Climate: Family Fun Day

Sunday, October 2: 11:30 am-1:30 pm

Kids can uncover cool mysteries while exploring their natural world. We'll wrap our eyes and minds to learn ways that we can be stewards of our lands, air, and water. Family Fun Days (1st Sunday monthly) features crafts, hands-on exhibits, and TRACK Trails touring guides. Co-presented by the Conservancy & County Parks and Recreation. *Complimentary.*



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Botany Sketching Workshop

Sunday, October 9: 1-3 pm

Spend the afternoon observing the finer details of plants in the lagoon. Guest artist Irina Gronborg will point out what to focus on when sketching, and will demonstrate the basics of drawing in nature. Members \$5 | Public \$10

What Makes A Bird A Bird—Feathers!

Sunday, October 16: 3-4:30 pm

Let's take a close look. Every bird species has unique designs. Learn the various ways that birds use, clean, lose, and regrow their feathers. Are all birds born with feathers? Why are feathers like zippers? Bring binoculars (some available). Led by Conservancy naturalist Barbara Wallach. *Complimentary Tour.*

Not-So-Scary Estuary

Sunday, October 23: 11 am-4 pm

Meet creepy, crawly, and hooting animals this Halloween at San Elijo Lagoon. Costumes are encouraged! Kids can go trick-or-treating along the Haunted Hike nature trail, where clues help families look and listen for wildlife. You'll learn about nocturnal creatures and their wanderings in live animal presentations. When nature is more familiar, it's not so scary after all. Co-presented by the Conservancy & County Parks and Recreation. *Complimentary.*

Details and Registration: SanElijo.org/Events

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San Elijo Lagoon Conservancy is the nonprofit land trust for San Elijo Lagoon Ecological Reserve. The mission is to protect and restore the resources of the reserve, its watershed, and related ecosystems for the benefit of current and future generations.

The nearly 1000-acre San Elijo Lagoon Ecological Reserve holds seven miles of trails in diverse habitats supporting more than 700 species of plants and animals.

Note to Editors: Additional images online at SanElijo.org/NewsReleases