



San Elijo Lagoon CONSERVANCY

Connecting communities. Protecting nature.

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Editors: Community Events; North County; Families | *Access Images:* SanElijo.org/NewsReleases

Summer of Discovery at San Elijo Lagoon

With a Kumeyaay Sunset Tour to Trailside Yoga—There's Nature Discovery, Fitness and Culture for All

Solana Beach — Imagine a scavenger hunt to look for the ways we copy nature's best in our everyday designs. Trailblazers can enjoy cool ocean breezes in a sunset tour, or practice yoga in the scented coastal sage scrub. These adventures are part of a new lineup of summer tours and events, presented by San Elijo Lagoon Conservancy.

Biomimicry Nature Tour

Saturday, June 24: 10:00 am – 12:00 pm

An invention as simple as Velcro mimics the interlocking hooks in common burrs that attach to our hiking shoes. That's copying nature's best designs, the focus of a tour designed to open the ways we think inside nature's strategies and patterns. Guest expert, Jacques Chirazi with Biomimicry San Diego, will lead the nature walk with hands-on activities including a scavenger hunt, a blindfold exercise to enhance the other senses, and nature drawing.

Members \$5 | Public \$10

Kumeyaay Sunset Tour

Thursday, July 13: 6:30 – 8:00 pm

As daytime heat shifts to cooler breezes, nature's happy hour begins. Conservancy naturalist Kathy Dickey, an expert in early Kumeyaay culture, will point out plants the Kumeyaay use. The tour concludes 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. Led by guest instructor Lise Marshall.

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*

View Calendar: SanElijo.org/Events

San Elijo Lagoon Conservancy is the nonprofit land trust for San Elijo Lagoon Ecological Reserve, now celebrating its 30th Anniversary.

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