



**FOR IMMEDIATE RELEASE**

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## **Coastal Federation to Lead Kayak/Yoga Trip on White Oak River**

Ocean – The N. C. Coastal Federation is partnering with Second Wind Ecotours in Swansboro on a kayak and yoga trip to Jones Island in the White Oak River. The paddle will take place on Saturday, May 21, from 1 p.m. to 4 p.m.

Cheryl LeClair, a yoga instructor and Sally Steele, the federation's development director, will lead the trip. Participants will leave from the boat ramp at the Cedar Point Recreation Area in the Croatan National Forest and paddle to in the island in the middle of the river. There, LeClair will guide the group in a gentle yoga session. Paddlers will learn about the federation's work with Hammocks Beach State Park to preserve the island and to restore surrounding habitat.

"I live on the White Oak River and think it is one of the most beautiful places along the coast, Steele said. "Jones Island is a real treasure and a wonderful opportunity to showcase the federation's preservation, restoration and education programs. I look forward to hosting this trip with Cheryl who is my friend and yoga instructor. "

Jones Island is a 24-acre island dominated by loblolly pine and large live oak and one of the state's few nesting sites for the eastern painted bunting. The federation acquired most of the island in 2005 and donated it to Hammocks Beach State Park. The park and the federation are partnering to conduct environmental education and restoration programs on the island.

Depending on wind and tide, it's usually and easy 20-minute paddle to the island. The trip is suitable for beginning adult paddlers. The yoga instruction is suitable for all levels. Registration and a fee are required for the trip. The trip is limited to 20 people. Call Second Wind at 910-325-3600 for more information or to register.

**About the North Carolina Coastal Federation  
“Citizens Working Together for a Healthy Coast”**

*The N.C. Coastal Federation is the state’s only non-profit organization focused exclusively on protecting and restoring the coast of North Carolina through education, advocacy and habitat restoration and preservation. The federation’s headquarters are at 3609 N.C 24 in Ocean between Morehead City and Swansboro and are open Monday through Friday from 8:30 a.m. to 5 p.m. The federation also operates offices in Wilmington and Manteo. For more information call 252-393-8185 or check out its website at [www.nccoast.org](http://www.nccoast.org)*