



FOR IMMEDIATE RELEASE

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Federation to Lead 2nd Kayak-Yoga Trip on White Oak

OCEAN – The N. C. Coastal Federation is partnering with Second Wind Eco Tours & Yoga Studio in Swansboro on a kayak and yoga trip to Jones Island in the White Oak River. The paddle will take place on Thursday, July 14, from 1 p.m. to 4:15 p.m.

Cheryl LeClair, a yoga instructor, and Sally Steele, the federation's development director, will lead the trip. The paddle will take participants from the Cedar Point Recreation Area in the Croatan National Forest to Jones Island, where 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 oyster habitat around the island.

"This is our second kayak trip to Jones Island this year," Steele said. "Our May trip sold out so quickly, that we scheduled another trip. Everyone was thrilled to spend time on the island. Jones Island is a real treasure and a wonderful opportunity to showcase the federation's preservation, restoration and education programs."

The 24-acre island is dominated by loblolly pine and large live oak and is one of the state's few nesting sites for the eastern painted bunting. The federation acquired a major portion 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, the paddle is usually an easy 20-minute trip to the island and is suitable for beginning adult paddlers. The yoga instruction is suitable for all levels.

Registration and a fee are required for the trip. Call Second Wind at 910-325-3600 for more information or to register.

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**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