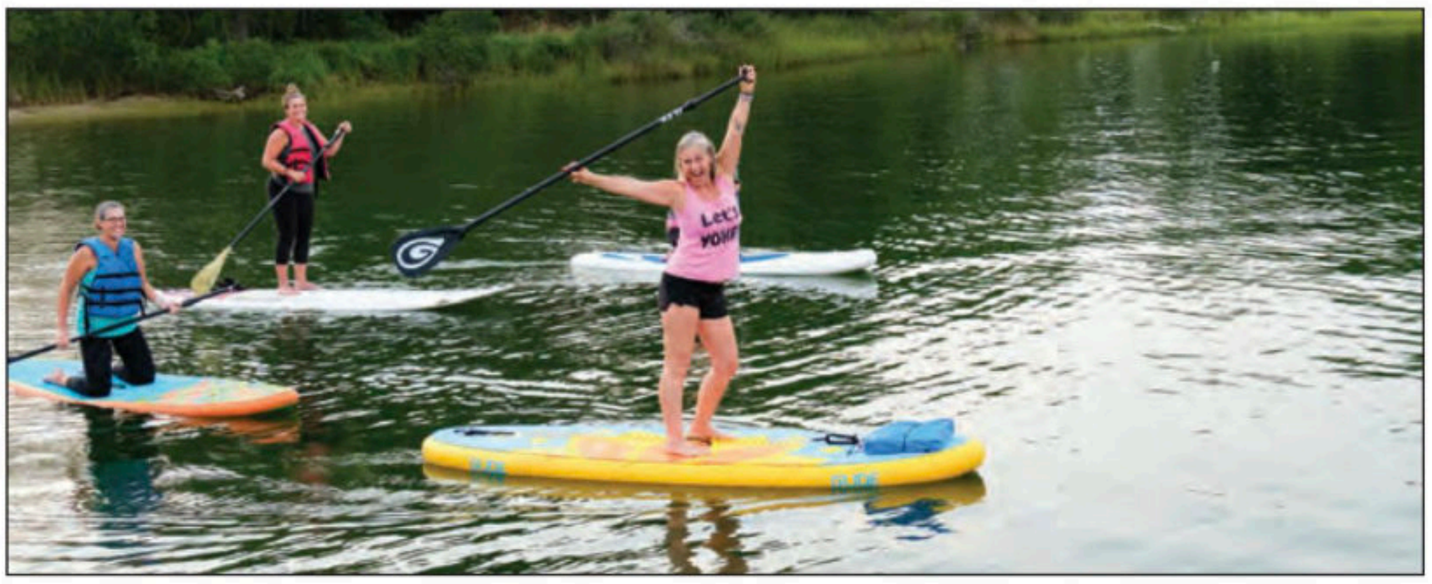
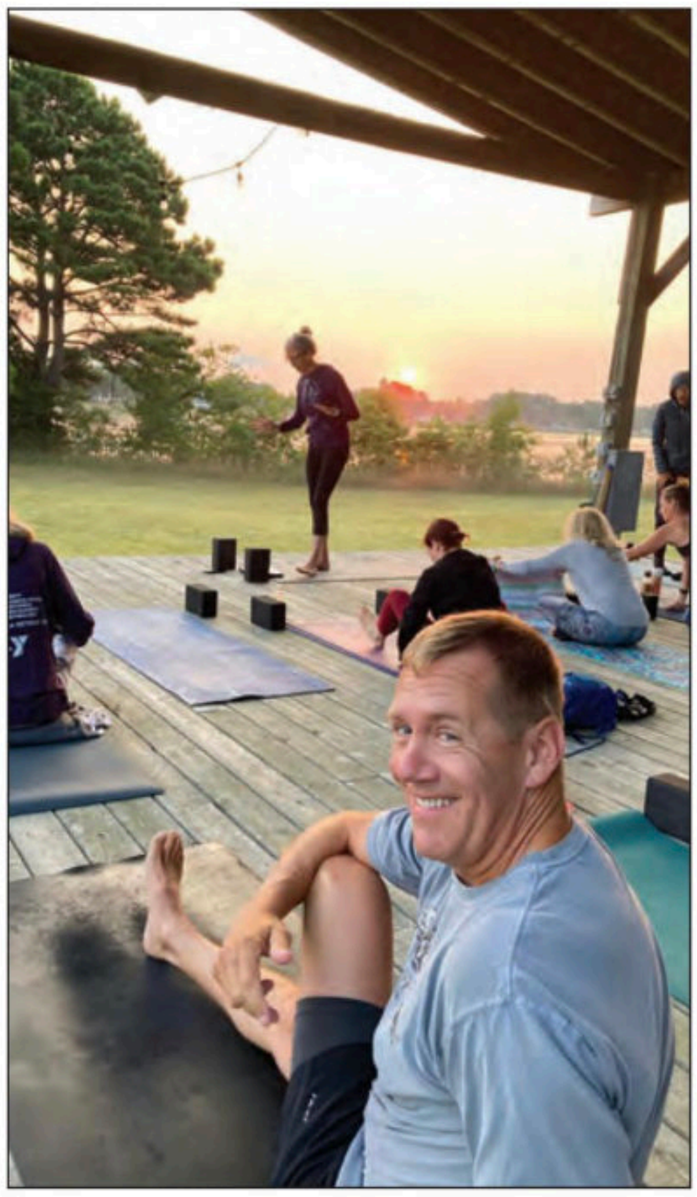
YOGA for a GOOD CAUSE

Local yogis come together every year to raise money for Camp Kekoka

Written by Ann DeMuth • Photographs courtesy of Ann DeMuth, Susan Johnson, Tom Martin & Angie McKinster





There is an amazing 97-acre, waterfront gem just on the outskirts of Kilmarnock. Camp Kekoka is home to an overnight YMCA camp which offers kayaking, water skiing, knee boarding, windsurfing, fishing, crabbing, a swimming pool and waterfront, arts and crafts, archery, drama, basketball, cooking, and more. Camp Kekoka hosts the annual Kekoka Yoga Retreat where instructors volunteer their time to raise tens of thousands of dollars to help send kids to camp. The retreat has all levels of yoga classes, meditation, water activities, a climbing tower and zipline, and unique offerings such as Paddleboard Yoga and the Yoga of Sound.

Co-founded by MJ Anderson and Susan Johnson in 2010, the retreat, which started with 15 participants, now has to be capped at 90 people. Over 20 instructors donate their time so that all proceeds can provide scholarships for YMCA/APYC Camp Kekoka. It's a weekend-long event that attracts participants from ages 18 to 80+, locals to Californians, along with brand new practitioners to seasoned yogis who return year after year.

The theme for the 2023 Kekoka Yoga Retreat is Elevate, with the intention to elevate (and empower) the yoga retreat participants, as well as the campers who benefit from Camp Kekoka. The upcoming retreat is described as "a way to elevate your spirit on the beautiful waterfront shores of YMCA/APYC Camp Kekoka in Kilmarnock." Registration includes lodging, meals, all levels of yoga classes, meditation, water activities, a climbing tower and zipline, and much more. All proceeds benefit camper scholarships. The 2023 retreat will be held September 15th to 17th, and registration begins June 1st. Registration for the 2022 retreat filled within 2 weeks, so be sure to get your registration in early.

For more information about Camp Kekoka and the Kekoka Yoga Retreat, visit **ymcacampkekoka.org**, or contact Resident Camp Executive Director, Ana Mae Morrow, at AnaMae.Morrow@ymcavp.org or 804.435.3616.