

2020 Sedge Island 1-Day Programs

Sedge Mindfulness Women's Workshop — July 12-13, 2020

The Sedge Mindfulness Workshop is offered in partnership with Conserve Wildlife Foundation of NJ and is open to women 18 years or older.

You don't have to journey far to find an exclusive, mindfulness retreat. Spend 24 hours at Sedge Island disconnecting from the stresses of life and connecting with the beauty of the salt marsh. This women-oriented workshop will have participants kayaking into the marsh to enjoy the sights, sounds and tastes the marsh provides. Leave the marsh decompressed, reenergized and connected with yourself and the natural world.

Cost is \$125.00 and includes lodging, meals and all equipment.



Family Clamming — July 16-17, 2020

The Outdoor Family of NJ workshop is offered in partnership with the NJ Outdoor Alliance for families with children 12 years or older. This overnight workshop will teach participants the how to clam, where to clam and how to enjoy the clams that have been harvested.

Cost is \$75.00/ adult and \$50/child and includes lodging, meals and all equipment.

Women's Intro to Saltwater Fishing — July 19-20, 2020

The Outdoor Women of NJ Saltwater Fishing workshop is offered in partnership with the NJ Outdoor Alliance for women 18 years or older. This overnight workshop will teach participants the basics of saltwater fishing, rod and reel set up, species to target and bait. Participants will spend time fishing from boats.

Cost is \$125.00 and includes lodging, meals and all equipment. Participants must be registered with the NJ Saltwater Registry.



What's Biting? Women's Advanced Saltwater Fishing Workshop — August 1-2, 2020

The Outdoor Women of NJ Advanced Saltwater Fishing workshop is offered in partnership with the NJ Outdoor Alliance for women 18 years or older. This overnight workshop is for women who have experience saltwater fishing but want to finetune their fishing skills and understand more about the species of fish they are targeting.

Cost is \$125.00 and includes lodging, meals and all equipment. Participants must be registered with the NJ Saltwater Registry.

Full Moon Mindfulness Women's Workshop — August 3-4, 2020

The Sedge Mindfulness Workshop is offered in partnership with Conserve Wildlife Foundation of NJ and is open to women 18 years or older.

You don't have to journey far to find an exclusive, mindfulness retreat. Spend 24 hours at Sedge Island disconnecting from the stresses of life and connecting with the beauty of the salt marsh. This women-oriented workshop will have participants kayaking into the marsh to enjoy the sights, sounds and tastes the marsh provides. Leave the marsh decompressed, reenergized and connected with yourself and the natural world.

Cost is \$125.00 and includes lodging, meals and all equipment



Full moon over Sedge House Photo by Bruce Hockenbury



For more information about any of these programs contact Karen Byrne at (609) 748-4347 or karen.byrne@dep.nj.gov