



**New For the Summer of 2012  
Let Us Bring Programs to You**

**BRANDARIS MARITIME MEDLEY  
CELEBRATING THE BAY**

A creative combination of our most successful programs.  
Conveniently delivered to your school, camp, or playground.  
Available as a three, four, or five hour program.

- **Marlinespike Relay Race**  
Marlinespike – the nautical art of knot tying is how we learn to tie the bowline – the words most useful knot. Then we test our skills and work as a team to be the quickest, and most skilled.
- **Through The Spider's Web**  
This excellent team building exercise, promotes discipline, ingenuity and trust. Can you get your whole team through the spider's web?
- **Tug of War**  
You've never tried it with a rope this big! Try it with our tug boat tow line. And for a new twist, try it with our block and tackle out of our rigging and you'll about a tug of war....Pirate style!!!
- **Model Boats**  
This time tested program includes: designing, building, rigging, coloring and sailing a model boat each camper can keep! The boat models capture the interest of young people and introduce them to the values of planning, finishing, and enjoying things that they make with their own two hands. A reverence for tools, attention to safety, a connection to the trades and the personal interactions that promote them are additional values of this program. (For Model Boats, add a \$5 material fee per student.)



Brandaris Maritime

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## **BRANDARIS MARITIME'S YOGA – FOR ALL AGES**

New programs delivered by our  
Certified yoga instructor on staff.

Available as a one or two hour units or as a series.

- Yoga For Children – Warm-up and learn to put your body into the shapes of animals and objects from nature. Develop proper posture and techniques for gaining focus and positive self-image.
- Yoga Foundations – For all ages and fitness levels. Learn to open the body and mind with breathing, gentle movement, and guided meditations. Learn over 30 Asanas (poses) and several breathing techniques that form the basis for a lifetime of practice and continued development of flexibility, strength and muscle tone. Feel the benefits of relaxation and self-awareness.
- Meditation for Transformation – Customized application of yoga *nidra* techniques to your program's group goals. Great for special populations coping with changing habits, depression, addiction recovery, self-esteem, etc. Minimum – 8 sessions.



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