

## **Wanderlust 108 Emcee Sides**

### ***[Voice of God Announcement #1, pre-run]***

Good morning Brooklyn! Welcome to Wanderlust 108! We're so happy that you are here joining us for the world's only mindful triathlon! You can get started this morning by heading over to registration to pick up your bib, then explore our Kula Market and check out some of our awesome vendors before lightening your load and dropping your bag at bag check. But most importantly, we are so happy that you are here joining us for our field day for the mind, body & soul!!

### ***[Voice of God Announcement #2, pre-run, attendees should head to the race arch following this announcement]***

Hey team Wanderlust! Pre-run stretch happens in 5 minutes, it's time to head down to the start line now! Once you get there, snap your pre-run selfie and let your friends know where you're at today by using #Wanderlust2016, #Wanderlust108, or #5KYogaMeditation.

### ***[Post-run, Pre-Yoga]***

Hey Wanderlusters!! You guys are looking fantastic out there! Start cruising over to the main stage now to bask in the glow of your mindful adventures while we are blessed with the beats from DJ SOL Rising!

### ***[Post-yoga and meditation, Transition to afternoon activity sessions]***

Yogis and yoginis, thank you so much for making Wanderlust 108 a part of your practice today.

It's time to go enjoy the incredible array of options we've got for you to re-fuel, re-charge and reminisce about your adventures in mindful motion today. From the True North Cafe & the Kombucha garden to the Kula Market, hunger and thirst don't stand a chance.

We have so many activity sessions for you to check out today; from Aireal & Acro Yoga to Hooping, Tribal Body Marking & Slackline, you can learn some fundamentals with Yoga Works or explore essential oils at the Spiritual Gangster tent, along with checking out our WanderTribe's Metta Meditation Station & Barre 3 classes! The 1<sup>st</sup> of these classes begin in 5 minutes and we'll be giving you five-minute warnings throughout the afternoon to make sure you don't miss out on these awesome offerings.

***[Closing]***

Thank you Brooklyn for making Wanderlust 108 so magical today! We hope you are feeling grounded and elevated all at the same time! We are so grateful to our partners for supporting us all today: a big thank you to Adidas & Ford for being our sponsors, thank you to everyone here at Prospect Park who dedicated their energy to making today a successful event & to the City of Brooklyn, we couldn't have done this without you!

We are thrilled that with your help we could raise so much money for charity here today just by turning on the Charity Miles app. Use this app every time you run, and your mileage will translate into donations for charity. Thanks for continuing to be the change you want to see in the world!

We hope that you have enjoyed our field day for your mind, body & soul and that you have embraced our vibrant community and possibly made a new friend today! If you enjoyed what you experienced here today and had some fun on your adventures in self-awareness & inner peace, then we invite you to check out one of our summer festivals and come and join us next summer for 4 days of Wanderlust fun in one of our many locations across North America. Until we meet again, the spirit in me honors that same spirit within you, Namaste.