

STAND UP PADDLEBOARD YOGA

SUP YOGA 1 HR\$40

This experience starts with a small yoga warm up series and leads into an introduction to paddle boarding and SUP safety at the launch site. We start practice with a peaceful paddle out around the lake. Here, we will drop anchor and embark on a tranquil set of yoga postures geared towards connecting your body with your breath to the surrounding elements. Allowing your senses to fill with the serenity of the lake breeze and the sounds of nature at its best.

Stand Up Paddleboarding is the fastest growing sport worldwide.

Class cost includes warm up yoga, introduction to SUP yoga and safety information.

Our knowledgeable, certified instructor will guide you through your SUP yoga practice.

We are a floating yoga studio with a team of highly experienced teachers and a full fleet of SUP Boga Yoga Boards! We will come to you!

No matter what your age, ability, location- All you need is a body of water!

We are dedicated to providing safe and fun classes to all levels of practitioners.

INTRO TO SUP 1^{1/2} HRS ...\$50

In this class we cover basic water safety, types of stand up paddle equipment, and proper board handling. You will learn SUP basics such as getting on/off the board, transitioning to your feet, correct paddle technique, and different types of turns. You will be given ample paddle time on the water to put what you learn on land into practice. All necessary SUP equipment will be provided.

PRIVATES 1^{1/2} HRS\$100

Private Yoga lessons are a great way to improve your current yoga practice, or to just get some one on one attention making sure you are doing the poses properly. If you find yourself in a yoga class not sure if you are doing things correctly or finding you constantly have to look around to see what others are doing to try and understand the pose, a series of private lessons might be a good option for you.

If you have a group of 4 or more, you can reserve a time just for your group.

Inquire for pricing.

SUP CLASSES are perfect for

- ~ Groups of Friends
- ~ Team Building
- ~ Bachelorette Parties
- ~ Family Reunions
- ~ Work Retreats
- ~ Book Clubs
- ~ Birthday Parties
- ~ Much More



THATS WHATS SUP®

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