

# Learn Stand Up Paddling & SUP Yoga

**Saturdays: May 30, June 27,  
July 11 & August 8, 2015  
at Rock Hall Yacht Club**

**10:30 - 11:30 a.m. - SUP Lessons for Beginners  
12:00 - 1:00 p.m. - SUP & Yoga**

## *It's easier than you think!*

Join ACA-certified SUP instructor and certified SUP yoga instructor, Julie Phillips-Turner, RYT, for one or BOTH workshops to help you get your sea legs on a SUP (Stand Up Paddle) board. Sign up for one or both classes.

**If you're a beginner paddler, start with SUP lessons.** Learn the basics of stand up paddle boarding, proper stance and form, safety, launching, and paddle techniques so you feel at ease moving through the water.

**SUP Yoga** will begin after the lessons so that you can put your skills to work. The practice will be for all levels, and beginners are welcome. SUP Yoga is a great way to build balance, coordination, endurance, strength and mindfulness surrounded by the calming water, while viewing the bay's surroundings.

**Cost for one class is \$25, or both for \$45**

**An additional \$15 board, paddle & PFD rental OR BYOB (board & paddle)**

**\* If you are taking both classes, they must be done on the same day.**

Please fill out the registration form below and FAX with credit card payment to 443-703-2359 OR mail with check payable to: Chesapeake Yoga & Wellness, 220 Dutcher Road, Queenstown, MD 21658. (PayPal payment option also available. Contact Julie@Chesapeakeyoga.com)

**Workshop Type:** SUP Lessons (only)  SUP Yoga (only)  BOTH

**Class Date:** 5/30  6/27  7/11  8/8

**Check**  (Payable to Chesapeake Yoga & Wellness)

**Credit card #:** \_\_\_\_\_

Expiration: \_\_\_\_/\_\_\_\_ CSC#: \_\_\_\_\_

**Class Fees:** (one class) \$25 \_\_\_\_\_ (Both classes) \$45 \_\_\_\_\_

**Board Rental:** \$15 Yes No **TOTAL PAYMENT = \$** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**PHONE:** (H) \_\_\_\_\_ (W) \_\_\_\_\_

**E-mail:** \_\_\_\_\_

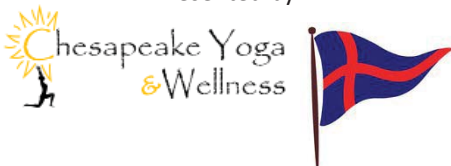
Do you have yoga experience? (Please circle) Yes No

Do you have stand up paddling experience? (Please circle) Yes No



Questions? Call 410-490-0033 OR  
E-mail julie@chesapeakeyoga.com

Presented by:



Rock Hall Yacht Club  
22759 Mckinleyville Rd,  
Rock Hall, MD