



# Stand Up Paddling & Yoga Summer Series

Twice monthly, June - August, 2012

10:00am - 11:30am

Rock Hall Yacht Club - Rock Hall, MD

Dates: June 14 & 28; July 12 & 26; August 9 and 30  
(Rain dates: September 6 and 20)



Blend the mind, body and your love of the outdoors and water with Stand Up Paddling (SUP) and Yoga during this fun and challenging outdoor class. Each 90-minute class, taught by yoga and SUP instructor, Julie Phillips-Turner, RYT, of Chesapeake Yoga & Wellness, will begin with yoga on land; following with SUP skills instruction and, finally, yoga on the board. SUP Yoga is a great way to practice balance and mindfulness surrounded by the calming water, while viewing the bay's surroundings from an entirely different perspective. *Space is limited to 5 per class. Registration is first come, first serve.*

### RHYC Members:

6-class pre-registration \$300 (\$35 class/instruction; \$15 board rental)

Drop-in \$60 (\$40 class/instruction; \$20 board rental)

### Non-Members:

6-class pre-registration \$360 (\$40 class/instruction; \$20 board rental)

Drop-in \$70 (\$45 class/instruction; \$25 board rental)

Enjoy a healthy lunch following each SUP-Yoga class! At 12 noon, RHYC will be serving a healthy lunch with fresh juices, quiche, salad and gluten-free goodies! Cost for the a-la-carte lunch is separate. (SUP & Yoga participation is not required)

Bring a towel, sunscreen, proper water footwear if necessary, bathing suit or clothes that can get wet. Previous yoga or SUP experience is not required. Participants should be comfortable around water and know how to swim unassisted.

NOTE: *Classes will be cancelled if there is rain or high winds.*

Please fill out the registration form below and mail with check payable to:  
Chesapeake Yoga & Wellness, 220 Dutcher Road, Queenstown, MD 21658  
**Questions?** Call 410-490-0033 or e-mail Julie at [julie@chesapeakeyoga.com](mailto:julie@chesapeakeyoga.com) OR  
Connie at [rhycss@comcast.com](mailto:rhycss@comcast.com)

RHYC Member? YES \_\_\_ NO \_\_\_

Date/s participating: All 6 Classes \_\_\_\_\_

June 14 \_\_\_\_\_ June 28 \_\_\_\_\_ July 12 \_\_\_\_\_ July 26 \_\_\_\_\_

August 9 \_\_\_\_\_ August 30 \_\_\_\_\_

Class Fee: (Per class) \$ \_\_\_\_\_ x \_\_\_\_\_ Total: \$ \_\_\_\_\_ OR (6-class pre-payment) \$ \_\_\_\_\_

Board Rental: (Per class) \$ \_\_\_\_\_ x \_\_\_\_\_ Total: \$ \_\_\_\_\_

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

Presented by:



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