



Make this the summer you learn new skills...
Stand Up Paddling & SUP Yoga

Private lessons for groups and individuals
Available July - September 2012
at Rock Hall Yacht Club

Enhance your love of the outdoors and water with Stand Up Paddling (SUP) or SUP Yoga lessons - for yourself, a couple or a group of up to 5 friends. Each private 2-hour class is taught by ACA certified SUP instructor and yoga instructor, Julie Phillips-Turner, RYT, of Chesapeake Yoga & Wellness.

SUP Lessons will teach you the basics of stand up paddle boarding, covering safety, proper stance and form and paddle techniques. No matter what your experience or level of fitness, you will be paddling your very first session.

SUP & Yoga will begin with a brief yoga warm-up on land; followed by a review of SUP skills instruction and, finally, yoga on the board. 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 from an entirely different perspective.

Rates:

Private lesson (1 person): \$60

Couple/2 people: \$35/pp

Group of 3 to 5 people: \$25/pp

The fee includes instruction, PFD and water.

Additional \$15 board & paddle rental OR BYOB(oard & paddle)

What to bring: Towel, sunscreen, proper water footwear that can get wet (i.e., Keens, Tevas), bathing suit or clothes that can get wet. **Participants should be comfortable around water and know how to swim unassisted.** NOTE: *Classes will be cancelled if there is rain or winds over 10kts.*

ALL classes and dates must be coordinated with Julie and RHYC. Availability may vary based on club scheduled events and instructor.

Call 410-490-0033 to schedule OR E-mail julie@chesapeakeyoga.com OR Connie at rhycss@comcast.com

Presented by:



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

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/e-mail julie@chesapeakeyoga.com OR Connie at rhycss@comcast.com

RHYC Member? YES ___ NO ___ Guest? YES ___ Host's name _____

Number of participants: (1) Individual _____ (2) Couple _____ (3-5) Group _____
(If more than one participant, please fill out a separate form for each person in your group.)

Class Type: Stand Up Paddle Board Basics _____ SUP & Yoga _____

Class Fee: (1) \$75 _____ (2) \$40pp _____ (Group rate) \$25pp _____

Board Rental: \$15 Yes No 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