

Presented by:



Stand Up Paddling or SUP & Yoga

Private lessons for groups and individuals

On Siesta Key, Sarasota, Florida

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

****Additional fee for board & paddle rental** OR BYOB (board & paddle)**

**Rental fee will depend on outfitter supplying equipment*

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. Must be at least 16 years old.** NOTE: *Classes will be cancelled if there is rain or winds over 10kts.*

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: \$ _____ 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

For more information visit: www.chesapeakeyoga.com

ALL classes and dates must be coordinated with instructor at least 24-hours in advance. Availability may vary based on schedule date or time.

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