

STAND UP PADDLING & YOGA



**Lessons for private groups
and individuals**

Available May - October



www.chesapeakeyoga.com

STAND UP PADDLING & YOGA

Enhance your love of the outdoors and water with Stand Up Paddling (SUP) or SUP & Yoga lessons. Each private class is taught by ACA certified SUP instructor and Yoga Alliance registered yoga instructor, Julie Phillips-Turner, RYT, owner of Chesapeake Yoga & Wellness, LLC.

SUP Lessons Learn the basics of stand up paddle boarding: from safety to paddling techniques.

SUP & Yoga Great for all levels, and beginners are welcome. Yoga on a board 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 for 1-Hour Lessons:

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.

- * Paddle board rental is additional fee.
- * 24-Hour class reservation or cancellation notice required.
- * Participants should be comfortable around water and know how to swim unassisted.



To reserve, contact Julie Turner

410-490-0033

julie@chesapeakeyoga.com

Great for parties!

