



# Stand Up Paddling & Yoga Workshop

Saturdays: June 14, July 12, August 2,  
September 27 & October 4, 2014

9:00 - 11:00 a.m. at Rock Hall Yacht Club

## It's easier than you think!

Join ACA-certified SUP instructor and certified Yoga Alliance registered yoga instructor, Julie Phillips-Turner, RYT, of Chesapeake Yoga & Wellness for a workshop to help you get your SUPping sea legs, and try a little yoga at the same time. You will be amazed at how learning to SUP will enhance your love of the outdoors and water.

**SUP lessons** will start the class with learning the basics of stand up paddle boarding, proper stance and form, launching, and paddle techniques so you feel at ease moving through the water. No matter what your experience or level of fitness, you will be paddling your very first session.

**SUP & Yoga lessons** 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.

**Cost is \$30 for the class.**

**The fee includes SUP instruction and Yoga instruction and anchor.**

**An additional \$15 board, paddle & PFD rental OR BYOB (board & 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:** Class will be cancelled if there is rain or winds over 10kts; or less than 4 participants.

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.

Check \_\_\_\_\_ (Payable to Chesapeake Yoga & Wellness)

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

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

Class Fee: \$30 \_\_\_\_\_

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

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

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

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

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

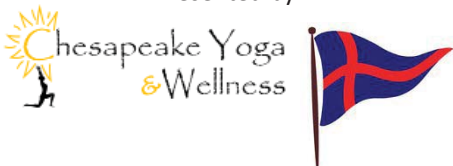
E-mail: \_\_\_\_\_

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

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

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

Presented by:



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