

Stand-Up Paddle Board Yoga

On The Lake at Stony Creek!



**Sunday, July 10
\$35 per person**

Three Beginner Level class times to choose from on Sunday, July 10:

**10:00-11:00AM
11:30AM-12:30PM
1:00-2:00PM**

Space limited to 14 per class, please pre-register early to ensure a spot

\$35 per person includes board/paddle (advance payment required; park admission not included)

Join UpDog at Stony Creek Metro Park for fun in the sun with Stand-Up Paddle Board (SUP) Yoga. No prior experience required – come give SUP a try! Boards, paddles, life vests and instruction provided.

SUP is Yoga on a paddle board in the water. SUP boards are large enough to act as a mat and sturdy enough to support standing on it to practice your asanas. Yoga on a SUP brings a whole new perspective to being fully present and in the moment!

Once settled in a calm area, we anchor our boards and move as a group from pose to pose in a Basic flow. We finish with seated meditation and savasana floating on your board, toes in the water and the sun on your skin – *Ahhh!*

Meet at **Eastwood Beach** lake access point inside Stony Creek. Please arrive 15-minutes early for check-in. Dress for the elements and come hydrated.

Pre-register online at:

<https://www.updogyoga.com/workshops/rochester-workshops>

