

Stand-Up Paddle Board Yoga

On The Lake at Stony Creek!



Sunday, July 11
\$32 per person

Three Beginner Level class times to choose from on Sunday, July 11:

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

\$32 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>



210 W. University Dr., Rochester, MI 48307 | 248.608.6668
13911 19-Mile Road, Sterling Hgts., MI 48313 | 586.232.9555

Named 2017 "Best Yoga Studio In Metro-Detroit" by WDIV ClickOnDetroit.com