



SUP Yoga: Movement on Water

The fresh air, the sounds of nature, the gentle sway of the water below and the normalcy of life set aside. This is SUP Yoga, where we remove the studio walls, build trust and set sail for a journey into the unknown. This soft, warming flow is aimed at all ability levels, whether it is your first yoga class or a seasoned practitioner. We will build up our inner heat, while encouraging the mind to let go through breath awareness. Let your body flow like the water from pose to pose, and step outside your comfort zone, into the world of SUP Yoga, where the lake becomes our studio.

Laurie Hamer B.Ed; MC (Psyc.)
Registered. Prov. Psychologist
Registered Yoga Teacher
Certified SUP Basics Instructor

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| Who's invited? | This is an 'All Levels' class. Participants should have basic swimming skills. Previous yoga and/or paddleboard experience is not required. |
| Where's the beach? | Classes are held at Park Lake, Wally's Beach or Nicholas Sheran Park |
| What should I pack? | Bring a bottle of water and moisture wicking clothes (not cotton), but also dress in layers. PDFs must be clipped to your board or worn in accordance with Transport Canada rules. A dry bag is available to hold essentials (cameras, keys, etc.). Avoid bringing valuables if possible. Reserve a rental board when at time registration or bring your own. |
| What's the plan? | Our 90 minute class will reflect the needs and abilities of participants. We begin with a lesson on SUP basics (kneeling, standing, paddling straight, turning, etc.). Then, we drop anchor for a playful, rejuvenating yoga class. Enjoy a serene savasana surrounded by nature as you float atop the gentle rocking of water beneath your board. |
| What's the cost? | Lesson fees (\$15/registrant) and board rental fees (\$20/board) can be paid in cash prior to class. All participants must sign a SUP Yoga waiver. |
| Where do I sign up? | Contact Laurie. lhamer@telus.net 403-331-1925 |

2016 SCHEDULE TO BE ANNOUNCED SOON. PLEASE CHECK BACK