



# *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.)**  
Reg. Provisional Psychologist  
Registered Yoga Teacher  
Certified SUP Basics Instructor

<b>Who's invited?</b>	This is an 'All Levels' class. Participants should have basic swimming skills. Previous yoga and/or paddleboard experience not required.
<b>Where's the beach?</b>	Classes are held at Park Lake, Wally's Beach (depending on water level)
<b>What should I pack?</b>	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 SUP board at time of registration or bring your own.
<b>What's the plan?</b>	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.
<b>What's the cost?</b>	Lesson fees (\$15/registrant) and board rental fees (\$20/board) must be paid in advance and are non-refundable with the exception of classes cancelled by instructor (due to weather).
<b>Where do I sign up?</b>	Contact 587-486-8441 to register.

## SUP YOGA Schedule 2017

- Private classes and alternate dates available upon request. Minimum 3 participants are required to run a class. Please pre-register by calling 587-486-8441.

11:00 am & 1:00 pm

July 16

July 30

August 6

Sept. 3

