Where: **Island Beach, Mountain Lakes**
When: **July 9th - August 29th**
**Tuesdays & Thursdays**
**6:30-8:00pm**

* Limit 12 per class
* No experience necessary.
* Must be able to swim

**What is SUP Yoga?**

Stand Up Paddle (SUP) Yoga is an innovative and challenging new way to energize and transform your regular yoga practice. SUP Yoga is making waves around the world with SUP communities taking their yoga practice off dry land and trading in their mat for a paddle board. Classes take place while floating on calm waters or amidst chest-height waves (ocean, lake, river, or urban waterway), balancing on sturdy paddle boards. It is often practiced in serene settings with natural landscape backdrops. More info at alignedflow.com.

**Single-Class Fees**
$20 – includes class (does not include board)
$45 – includes class, board, paddle, & PFD rental

**Multi-Class Fees**
$100 – 6 classes (does not include board... BYOB)
$225 – 6 classes (includes board rental)

**Private SUP Yoga appointments available**
$125 – 90 min (does not include board... BYOB)
$150 – 90 min (includes board rental)

**Sign Up:** pranayogadenville.com
**Email:** christy@alignedflow.com
**Web:** alignedflow.com/floatingstudio
**Phone:** 973.800.5395