



**MOUNTAIN
LAKES**
THIS SUMMER!
TUES & THURS
July 5- Sept 1
*** Pre-Registration**
Required as space
is limited!
See Details

Class sizes is limited to 12 people

This is a Bring Your Own Board Class, BYOB!

To Register, go to our class schedule: www.pranayogadenville.com

Location: Meet at the Midvale Boat Launch
located on Lake Dr and Midvale Rd in Mountain Lakes

Class Schedule
Tuesdays with Christy Linson
Thursdays with Michelle Radley
6:30-8pm

Aligned Flow® Stand-Up Paddle Board Classes

The class begins with a brief on-land paddle and safety instruction. We'll take a short paddle to warm up as well as to get accustomed to the movement and balance of the board. Next we'll clip each board to an anchoring system and begin the class. SUP Yoga classes are Open Level. There will be options for beginners as well as more challenging options for those with more experience.

No experience is necessary. However, you must be able to swim.

Single Class \$25

6 Class Pass \$125

