

SUP

STAND UP PADDLEBOARD + YOGA



“MAN’S HEART AWAY FROM
NATURE BECOMES HARD.”

—STANDING BEAR

JOIN: Andrea Magda, registered yoga teacher, marathoner, paddle boarder, adventurer, andrea@yogamagda.com, 908-578-2628

WHEN: Sunday through Wednesday. Call for availability and pricing.

WHERE: Cape Kayaks (Harbor View Marina) 956A Ocean Drive
Cape May, NJ 08204 capekayaksnj.com (609-884-1224)

COST: 55.00 per session. Space is limited, registration required.

GET YOUR YOGA GLOW ON THIS SUMMER as you float into the present moment with SUP and yoga.

All levels are welcome. Some yoga experience is helpful, but any practice can be modified from beginner to advanced practitioner. Sessions are small.

Learn something new as you adapt to the motion of the board. Challenge your balance as your weight shifts with the ripples of the water. Focus and breath is required for you to stay afloat and connect to your center.

Being present takes on a whole new meaning when practicing yoga on a SUP! Float on.

WHAT DO I NEED TO BRING?

Paddleboards are provided. Bring a bathing suit, quick dry shorts, sunscreen and a sense of humor. Hydrate well before heading out, as it will be hard to carry water on the board.

STAY TUNED FOR MORE SUP YOGA ADVENTURE TRIPS.

Private instruction is available upon request.