



SUP YOGA



Presented by Kayak Crossing Outpost & SunstoneFIT

Kayak Crossing Outpost
(Next To Paddle Point Park)

6917 Miller Road
Rowlett 75088

Saturday
10:00 – 12:00

July: 2, 9, 16, 23, 30
August: 6, 13



\$27.00 Session Includes:

One Hour of SUP Paddling on Lake Ray Hubbard
One Hour of SUP Yoga at Paddle Point Park

Taught by a SunstoneFIT SUP 500RYT (Yoga Alliance Certified Teacher)
Equipment Provided: Stand Up Paddle Board, Paddle, PFD
Private Classes On Request! 4 – 20 Students

214-629-4794

www.KayakInstruct.com

Space is Limited Pre-Register On-line

facebook Kayak Instruction Inc

Children under 12 must be accompanied by an adult. One person per paddle board. Classes are subject to weather & availability. PayPal & most credit cards accepted. Sunstonefit, 449 E. Interstate 30, Rockwall, Texas 75087 214-764-2119, www.sunstonefit.com/rv