

SUP Yoga New Student Information

- Meet at the Grizzly Waters office (535 Solano St Ste. B, Suisun City, CA 94585) at 9am. If you need to fill out any paperwork (everyone must fill out a waiver) please plan to arrive 5 minutes early to do so. Class finishes at 11am.
- Wear comfortable exercise clothing that allows you to move freely. Fitted styles (such as yoga pants, Under Armour-style tops, etc.) are preferable as they allow for full range of movement without needing to worry about tucking in shirts or getting caught up in loose pant legs. Layers may also be helpful as it can be breezy, but you will likely warm up quickly during the paddle.
- Hats and glasses/sunglasses may be worn, but it is possible that these items may fall off. If you choose to wear glasses/sunglasses, it is recommended that a glasses strap be used.
- We typically paddle bare foot; shoes will be left on the dock. Water shoes, river sandals, and wetsuit booties may be worn.
- Life jackets are required for each paddle board. If you choose, adults may take off their life jackets for the yoga portion of the class.
- The weight limit on each paddle board is 250 lbs.
- Basic paddle technique will be demonstrated at the beginning of each class.
- Anchors will be used during the yoga portion of the class to keep the boards from drifting apart.
- All yoga poses are simply suggestions, it is completely alright to opt out of any of the poses and instead sit comfortably, focus on your breath- full inhalations and complete exhalations, and enjoy the beauty of the outdoors.

Finally, keep in mind these 3 general guidelines to help keep you stable and smiling on the water.

- 1. Slow down.** Move between poses at about half the speed you would on land, and make an effort to maintain slow, even breaths.
- 2. Center Yourself.** The paddleboard's carry handle (inset at the top of the board) is the center of its balance, so try to keep your weight centered over the handle at all times. Additionally, keep a wide stance for more stability. Whether on your knees or feet, keep your stance shoulder-width distance apart or slightly wider.
- 3. Focus your Gaze.** Loss of balance usually comes from shifting the gaze quickly. Keep your eyes on a fixed point on land for added stability.



Most importantly, get ready to have fun!



“If you can breathe, you can do yoga. If you can stand on one foot, you can paddle.” -Amelia Travis, founder of Stoked Yogi