

Stand Up Paddleboard Yoga (SUP Yoga) @ Lake Nuangola

Paddleboard Yoga, also known as Stand Up Paddleboard (SUP) Yoga, is practiced using a surf-type board on a body of water. This experience enhances a traditional yoga practice with the challenge presented by balancing on the water. Appropriate for all levels and ages.

\$30 / \$10 board rental. **SPACE LIMITED. PRE-REGISTRATION NECESSARY.**

(Private SUP paddle board lessons and special group rates available.)

Silent Hike & Yoga @ Various local parks throughout the summer

Come enjoy the outdoors and all the area has to offer with a silent hike followed by a 45-minute yoga class at parks in the region. \$25 pre-registered / \$30 day of.

Slackline 101 @ Kirby Park

Never slacklined? No problem! This workshop is designed for the raw beginner. We will teach you all of the foundational elements needed to know while being on a slackline.

\$25 pre-registered / \$30 day of.

Slacker Sundays @ Kirby Park

Slack lines, yoga and other fun forms of movement. All are welcome! Free.

AcroYoga Jam @ Balance Yoga & Wellness

Come step outside the box and lift your practice in a safe and supportive environment. No experience necessary and no partner needed. \$25 pre-registered / \$30 day of.

4-Week Acro Skills Training

Develop partner acro skills by participating in four-weeks of intense training and movement homework. The session will end with acro partner games group competition. \$60/person for 4 weeks.

FOR MORE INFORMATION

on dates & times, or registration, visit our website or Facebook page at

www.balanceNEPA.com

facebook.com/Balanceyogastudiopa/info

or call us at 570.714.2777

*** All outdoor events are weather permitting.**



BALANCE
yoga & wellness

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