



Ramsey
Parks &
Recreation
presents:

Paddleboard Yoga— It's A Thing!



Come & Experience Yoga on the Water

This is a Vinyasa class where your mat is a paddleboard and your studio is the water. Paddleboarding 101 or equivalent is suggested prior to participating. *Suggested minimum age is 16 years old.*

Stand-up paddleboarding classes are taught by Kim Olson, owner of PuraPaddle. She has always been active and instantly fell in love with SUP. Kim found that paddleboard classes were not offered in the northwest suburbs and decided to start PuraPaddle to share her passion with the community.

Prepare for class:

- Wear a swimsuit or tight-fitting active clothing that can get wet.
- A life jacket must be worn and they will be available.
- All participants must sign a liability waiver; parent/guardian must sign waiver for those under 18 years old.

Registration is required, limited to 10 participants.

Fee is \$28 per person.

Location:

Sunfish Lake Park Pavilion
6330 Sunwood Drive
Ramsey, MN 55303

Date:

Monday, August 13, 2018

Time:

9:00-10:00 am

To register:

CityofRamsey.com/ParkEvents

For more information:

purapaddle@gmail.com

763-753-5147

Pura
Paddle

