



CAYUGA SUP YOGA at PADDLE-N-MORE 2017

www.paddlenmore.com/cayugasupyoga

FAQ

When is class, how do I sign up, and where do I go?

To register for a class, visit www.paddlenmore.com/cayugasupyoga/ and click on the **Calendar Page**, find the SUP Yoga session you want to register for, and click to pay for your class (or for a multi-class pass). You will receive a confirmation email from your class instructor. If you buy a multi-class pass, you will need to email your course instructor to reserve your spot in future sessions. As always, arrive at least 10 minutes early to find parking, sign your waiver, and get your gear!

STEWART PARK – Wednesdays 7:00-8:30am

Stewart Park is located at the corner of NYS Routes 13 & 34, Ithaca, NY 14850. Yoga launch location is near the Cascadilla Boat Club (turn left as you enter the park and drive back to the far (west) end of the park). Come directly to the Paddle-N-More rental van/kiosk to check-in – you will be required to sign a waiver. ***Check website for any blackout dates!***

MYERS PARK – Saturdays, 9:00-10:30am

Address to Myers Park is **1 Lansing Park Road, Lansing NY 14882**. When you enter Myers Park, drive all the way to the back of the park (toward water's edge) and park near the Paddle-N-More Paddle Shop. Come directly to the shop for check-in – you will be required to sign a waiver. **There is a \$4 park entrance fee for non-Lansing residents!** ***Check website for any blackout dates!***

TAUGHANNOCK FALLS STATE PARK – Sundays, 9:00-10:30am

Address to Taughannock Falls State Park is **2221 Taughannock Park Rd, Trumansburg, NY 14886**. When you enter the park, turn right and park near the public swim area/public restroom facility (look for the Paddle-N-More rental shed and trailer!). Come directly to the paddle shed for check-in – you will be required to sign a waiver. **There is an \$8 park entrance fee!** ***Check website for any blackout dates!***

What can I expect? Following welcome and check-in (please arrive 10 minutes early to sign your waiver), our SUP Yoga class will begin by fitting students to the appropriate paddle and board for their height and weight. After a brief SUP introduction and answering any questions students may have, we will move onto the water for a gentle SUP warm-up (slow, mindful paddling) to get students up and feeling comfortable on board and to get to our class destination (usually right off shore). We will then anchor into our “floating yoga studio” and settle in for our yoga practice. Please expect to be challenged, supported, and encouraged – practicing yoga on an unstable surface requires small and large muscle activation (especially the core), mental focus, courage, and playfulness. All Asanas (yoga poses) are *modifiable and optional*. You will be encouraged to listen to your body, trust your intuition, and practice from a place of presence (your mental and physical ability level at the moment). Class will end with a floating meditation in Savasana (lying on your back – ahhh).

What if I don't own a paddleboard or safety equipment? Cost for your class (\$25) includes all necessary equipment: paddleboard, paddle, personal floatation device (PFD), and anchor.

What should I wear? Stretchy yoga clothes (i.e., capris tights and tank), shorts and a tank top or athletic bra, swim trunks, or full-coverage swimsuit (i.e., something that will contain you when you venture upside-down) all work well. Please avoid cotton clothing as these will sag and cling if you get wet and will not retain your body heat.

Can I wear shoes? You are welcome to wear shoes however, practicing yoga barefoot will allow you to ground into your practice and experience greater balance as you will be able to feel and respond to the subtle shifts of the board on the water. As an added benefit, by practicing barefoot you will strengthen the small muscles in your feet, ankles, and knees which will help improve posture and prevent injury. We recommend wearing flip-flops on land and then kicking them off and leaving them shore-side while on the water.

What should I bring? Water and towel for after class (perhaps a change of clothes – you will get wet); sunscreen; sunglasses with a glasses strap; layered clothing to be prepared for changing weather; a sense of playfulness and adventure.

What if I fall in? Falling in can be par for the course when practicing yoga on Cayuga Lake! We never know when a ripple or wave will send us splashing. That's what is so wonderful about SUP yoga! We are forced to leave our egos behind and truly "let go" and go with the flow. If we fall in, we will simply get back up! What a phenomenal life lesson! (The fun part is trying to go down with style! Whoo-hee!)

But what if the water is cold? In colder weather, to practice cold water safety, we will anchor where it is shallow enough to get back on our boards quickly should we fall in (we will not hold class when water/wind conditions are unsafely cold).

What about inclement weather? If there is lightning, very cold rain, or large waves, we will not hold class. Small waves are ok and we will paddle to find a spot with minimal disturbance. If weather is too foul to hold class, your instructor will email students who have signed up for class and let them know class is cancelled. We will also post class cancellations on the Cayuga SUP Yoga and Paddle-N-More Facebook pages. You will not be charged for a cancelled class - you will be permitted to use your class purchase to register for a different day.

What if it's just too hard for me? Practicing SUP yoga is physically challenging. We will sweat. We will breathe deeply. Our limbs may shake. These are all good things! Modifications will be shown for all poses so everyone experiences success. But if your mind-chatter gets too loud or you need to give your body a rest – or you simply need to experience a more meditative practice than a physical one on any given day – you will *always* be invited to take Child's Pose or Savasana (lying on your back) at any time, for as long as you like. The mind-body-spirit benefits of kindly tending to your body are just as great as those received on days when you feel like pushing your body. It's your choice!

What if I'm not bendy enough? One need not be bendy to practice yoga! One practices yoga to become more flexible and strong (in body, mind, and spirit)! Remember, everything is modifiable and optional! Starting from a very beginning place means you get to experience a lot of growth!

Injuries and health issues: Please notify your instructor of any injuries you are healing or health issues you are supporting so they can help you identify modifications that will be healthy for you.

Sunscreen note: Please wear waterproof sunscreen especially if you are prone to burning. To avoid sunscreen running into your eyes, you may want to skip your forehead and wear a hat. Please rinse sunscreen off your palms after application so you do not slip on the board.

Please follow us on Facebook @cayugasupyoga for class themes, weather updates, and special events including full moon lunar excursions!

If you have any questions or concerns, please let us know!

Mahalo (thank you) and Namaste,

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