



Teacher Workshop

Who is BOGA Yoga:

We are not corporate. We are surfers, moms, dads, brothers, sisters, yogis, friends, and family at BOGA. We created this company because we love what we do and we live what we do.

What is covered:

In this 2 hour workshop we will cover all of the basics to set up a Stand Up Paddleboard Yoga Class. We will talk about the basics of SUP, how to safely teach, equipment needed, class management, SUP Yoga friendly poses and business support. It will be a hands on approach to building your own floating studio.

What is needed:

A board, bring your own or rent one; Yoga friendly clothing, water wicking, form fitting is the best; knowledge of teaching Yoga; and a smile, this will be a fun learning experience.



Led by Jeramie Vaine



Cost: \$35 before May 1,
\$40 after 12 spots only