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“Stand Up Paddle Board Yoga” Offered at Veterans Park

Milwaukee, WI (July 29, 2013) – Practicing yoga on a paddle board promises to be a real strength and balance challenge in the new class at Veterans Park Lagoon.

Wheel Fun Rentals and Milwaukee Power Yoga are offering stand up paddle board “SUP” yoga classes every Thursday, 6:30-7:45 p.m., through Aug. 22.

Designed to build core strength and balance, “SUP” yoga weaves together breath, intention, and flowing movement for a vinyasa flow series connected with the water. Modifications and variations will be offered throughout the class to allow students to work at their own levels.

“Whether you are brand new to yoga or stand-up paddle boarding or are an experienced yogi, these classes are sure to challenge you,” said instructor Erin Highland of Milwaukee Power Yoga. “In our partnership with Wheel Fun, yoga classes come out of the studio and into the parks where you can enjoy the beauty of the water and natural surroundings.”

Milwaukee Power Yoga is a hot yoga studio on Milwaukee’s East Side. It focuses on the vinyasa style of yoga. The studio has been in business since January 2012.

Wheel Fun Rentals, founded in 1987, offers rentals of two- and four-seat paddleboats, single and double kayaks, and stand up paddle boards at Veterans Park.

SUP Yoga participants may register for any number of classes for \$20 per class or \$90 for the 5-session series. Preregistration is required and is available online at

<http://clients.mindbodyonline.com/ws.asp?studioid=23086&stype=-8/>

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