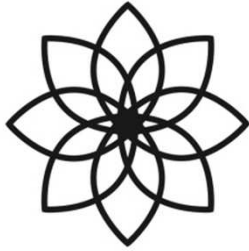


THUMB SUP YOGA

rise with the tide

SUP YOGA TEACHER TRAINING



Vero Beach, FL
Yoga Pagoda
11.18.17 – 11.19.17



Stand Up Paddle Board Yoga Certification with an Upward Turn of Thumb



INCLUDES:

- Equipment & Function
- Paddle Strokes Precision
- Class Preparedness & Execution
- Safety Awareness & Response
- The Arch of Balance Play
- Three Unique Sequences
- Common Themes with Corresponding Postural & Energetic Alignments
- Nuances of Specialized Classes (Teens, Mini&Me, Sunset, SUP&SUPPER)
- Business Development & Access to Continued Coaching
- ThumbSUP Yoga Teacher Training Manual and Surprise Swag



Danielle Brown is Academy of Surfing Instruction SUP certified, a PaddleFIT Core Coach and a Registered Yoga Teacher. Her passion is to teach stand up paddle boarding, to guide water adventures and to witness a myriad of illuminations from acts of play on board. Danielle is known to start with the fundamentals, to incorporate nature's glory and to raise a thumb at others' floating discoveries. Danielle has been teaching in the U.S. and the Caribbean since 2012. www.thumbsupyoga.com

"The sea, once it casts its spell, holds one in its net of wonder forever." – Jacques Yves Cousteau



RISE WITH THE TIDE

