

STAND UP PADDLE BOARD YOGA

WITH LAURA RIVERA



2019 SCHEDULE
WEATHER PERMITTING!

THURSDAYS - 5:30 - 6:45PM

8/22 - 8/29 - 9/5 - 9/12 - 9/19 - 9/26 - 10/3

SUNDAYS - 10 - 11:15AM

8/25 - 9/8 - 9/15 - 9/22 - 9/29 - 10/6

HOLIDAY CLASSES

SUNDAY 9/1 - 4 - 5:15PM

MONDAY 9/2 - 11AM - 12:15PM



**LAURA
RIVERA**

LAURA'S JOURNEY WITH YOGA BEGAN IN 2011 AT A BIKRAM STUDIO IN QUEENS, NY. IN 2013 LAURA COMPLETED A 200 HOUR TEACHER TRAINING AT YOGAWORKS IN NEW YORK CITY, STUDYING WITH JEANMARIE PAOLILLO AND JODIE RUFTY. LAURA HAS COMPLETED TRAINING PROGRAMS SUCH AS RESTORATIVE YOGA WITH JILLIAN PRANSKY, YOGA FOR TRAUMA WITH LISA DANYLCHUK, PRENATAL/POSTNATAL YOGA WITH CARRIE PARKER AND PADDLE BOARD YOGA AT ALWAYS-AT-AUM.

SINCE LAURA'S FAMILY'S MOVE FROM NYC TO BRATTLEBORO LAST YEAR SHE HAS BEEN IN SEARCH OF A WAY TO EXTEND HERSELF TO HER NEW COMMUNITY. WITH YOGA HAVING BEEN A LARGE PART OF HER TRANSITION HERE, SHE REALIZED OFFERING YOGA CLASSES WOULD BE A GOOD WAY TO BEGIN INTEGRATING INTO THE BRATTLEBORO COMMUNITY. LAURA ALSO TEACHES AT BODHIFIT IN DOWNTOWN BRATTLEBORO.

LAUNCH ADDRESS:



VERMONT CANOE TOURING CENTER - 451 PUTNEY RD, BRATTLEBORO, VT 05301 - (802) 257-5008

\$40

2 HOUR PADDLE BOARD RENTAL
&
1 HOUR SUP YOGA CLASS

SEND AN EMAIL TO

EMAIL@LAURARIVERAYOGA.COM
TO REGISTER!