

# Morning Mindfulness Paddle

Start your morning the right way when you join us for our Morning Mindfulness Paddle.



Grab a coffee and your yoga mat and then come join us at 8 am to enjoy a relaxing hour of yoga with a professional instructor. Yoga will be followed by 2 hours of kayaking from 9am – 11am. Become one with nature and let go of all your stress when you join us for Morning Mindfulness Paddles.



## Morning Mindfulness Paddle Package: \$40.00 / person

### INCLUDED:

- 1 hour yoga with a professional instructor
- 2 hours kayaking

AVAILABLE DATE (8:00 AM – 11:00 AM)

Sunday, August 8th

TO SCHEDULE CONTACT

[NICK@ADAPTIVESPORTSCONNECTION.ORG](mailto:NICK@ADAPTIVESPORTSCONNECTION.ORG)