



# STAND-UP PADDLE BOARD YOGA

TEST YOUR BALANCE AND STRENGTH BY TAKING  
YOUR YOGA PRACTICE ONTO A STAND-UP PADDLE  
BOARD

TUESDAYS MARCH 24TH TO APRIL 21ST  
7:40 PM - 8:35 PM  
HAROLD A. PAULSON POOL/RIVERTON  
COMMUNITY CENTER

COST: \$100 (\$110 NON-RES)

Registration required (online @ [portlandprf.com](http://portlandprf.com), in  
person, fax or mail)