

YOGA and SURF with Leah:

- **Soul Surfer:** Yoga and Surf package

This 90 minute, private surf lesson, combined with a 75 minute private yoga class, Soul Surfer package is your chance to hone in what it is you'd like to work on one-on-one with an instructor. (\$\$)

- **Go With The Flow:** Yoga and SUP package

Your chance to enjoy a 75 minute private yoga class, and a 75 minute Stand Up Paddle yoga class, or SUP lesson and tour, with private instruction. Go With The Flow classes are built to suit your needs, and ability level. (\$\$)

- **Jump On It! :** Yoga, SUP and Surf package

For those who like to have their cake, and eat it too! Jump On It includes a 75 minute yoga private, a 90 minute surf lesson, and a 75 minute SUP lesson (tour or SUP yoga) all built around your needs and ability level. Yummy! (\$\$)

- **Yoga:** private/group lessons

A 75 minute yoga class in any style requested, built to cater to your current level of yogic practice. Flow, meditation, pranayama and mats/props all included. Yin and restorative classes available upon request. Yoga class available in house, or at your vacation rental. (\$)

- **Surf:** private/group lessons

This 90 minute surf lesson is hosted here in Sayulita, with board and rashguard included. 25 minute on-land lesson and theory, and 65 minutes in the water with your instructor. Board available for 30 minutes after the lesson, for client free surf. (\$)

- **SUP:** tour/sup yoga

A 75 minute Stand Up Paddle lesson and tour, with board rental and rashguard included. SUP yoga is an option during summer months here in Sayulita. (\$)

Phone number: (+52) 322.101.8348 **Email:** leahntisdale@gmail.com **Website:** www.leahnicoletisdale.com **Instagram:** @leahnicoletisdale @moonshala

