



# Yoga on the Stand Up Paddleboard

## A unique and popular way to see Watamu

Stand Up Paddleboards are a great way to see Watamu, get somewhere, and get in touch with your abdominal muscles!



This activity includes a yoga class taught on a SUP (stand up paddleboard). It takes place either in the ocean or in Mida Creek, depending on the conditions. No experience in SUP or Yoga are required to do this activity. A sense of balance is good but a sense of humour is better.

The activity is done on with an emphasis on safety. The yoga class will last approximately 1 hours and the full trip is approximately 2 ½ - 3 hours. Depending on the tides, the winds and the trip you want, the trip might include:

- The yoga class (approx. 1 hour)
- A very special walk through the mangroves
- A ride on the SUPs which would then include a briefing for the SUP, paddles and life jackets
- Enjoying the sunset
- On request and if it is that time of month – moonrise and SUP under the full moon



### Costs:

The yoga class only is Shs 1500/- per person

The full trip price per person is as follows:

	1 person	2 people	3 – 5 people	More than 5
Full Trip Yoga/Walk/SUP (2 ½ –3 h)	6500/-	5500/-	5000/-	4500/-

Teens pay 75%; Children of 5 - 12 years pay 50%

### What is included?

- Yoga instruction, SUP, juice and water on the yoga class
- Yoga instruction, SUP, paddles, lifejackets, SUP instruction and guiding, snacks/juice/hot drink on the full trips

### Not included:

- KWS park tickets – necessary if you snorkel

### What you should bring

- Hat and sunblock, shoes that can get wet

To Book call 0712 810055  
or email [watamutreehouse@gmail.com](mailto:watamutreehouse@gmail.com)