

Generation Zen – Creator Talking Points

Stand Up Paddleboard (SUP) Yoga

Classes & Experiences

Experience

Beginner-friendly (no experience needed!)

All equipment is included

Small class sizes for personalized instruction

Taught by a multi-certified SUP Yoga instructor

Safety is our top priority

One of the most unique wellness experiences in Houston

Class Offerings

Orbit Flow (All Levels)

Golden Orbit Flow (Sunset)

Zero Gravity Restore (Floating Yin Yoga)

Neon Nebula (Neon paddleboards, nighttime class) – Saturdays 8/1 & 8/22 at 8:00 PM

Private & Mobile Events

Pricing

Classes start at \$50 (all equipment included).

Location

Riva Row Boathouse

The Woodlands, TX

Call to Action

End your reel with:

FOLLOW @GENERATION.ZEN.YOGA

AND BOOK YOUR CLASS!