



Surf & Yoga

Virginia Beach
Oceanfront
June 28
7am - 1pm

Women's
Adventure Trip
Contact womenctr@odu.edu
to register by June 27
Space is limited

Trip includes
breakfast,
transportation,
leaders, and
surfboards

Forget the coffee! Start your morning right with an early morning Yoga and Surf session! No experience necessary; our trip leaders will help you learn the waves and teach you how to get on your board. Stand up paddleboard instruction included.



OLD DOMINION
UNIVERSITY
I D E A F U S I O N

WOMEN'S CENTER
1000 Webb Center
757-683-4109
womenctr@odu.edu
www.odu.edu/womenscenter

