

SURF & YOGA

WATCH THE SUNRISE

**VIRGINIA BEACH OCEANFRONT
JUNE 9TH 5AM-10 AM**

Trip includes breakfast, transportation to and from the oceanfront, leaders, and surfboards! So 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 also included.

**CONTACT womenctr@odu.edu TO REGISTER BY JULY 7th
SPACE IS LIMITED!**



**OLD DOMINION
UNIVERSITY**

IDEA FUSION

emotional physical social

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