

# **SUP Yoga Teacher Training**

## **June 13-15, 2025**

### **L Street Beach in Belmar, NJ**

## **Ready to become a certified SUP Yoga teacher?**

Endless SUP Company, the ORIGINAL Jersey Shore SUP Yoga company, is pleased to once again be offering our SUP Yoga Teacher Training this **June 13-15, 2025**.

## **During SUP Yoga Teacher Training you will learn:**

- Basic SUP paddling techniques
- Giving students paddle instruction for class
- Class set-up, including anchoring down
- SUP Yoga class sequencing
- Translating traditional yoga poses to the board
- Best practices for teaching on the water
- Setting your students up for success
- Water safety
- And more!

## **About the Endless SUP Yoga program:**

As we've mentioned, we are the OGs here at the Jersey Shore when it comes to SUP and SUP Yoga. We have been offering SUP Yoga classes since 2013 and were the first to bring SUP to the Belmar, NJ area. We have also run several successful SUP YTTs adding to our roster of instructors who have not only taught with us, but have gone on to teach year-round at locations including Costa Rica and the Caribbean.

All of our instructors not only hold a minimum of 200-hours of yoga teacher training, but they have all completed SUP Yoga Teaching Training programs and World Paddle Association (WPA) Level 1 certification. We take pride that our instructors have solid foundations not only in yoga but in paddleboarding technique and safety as well.

## **Why do the Endless SUP Yoga Teacher Training?**

By completing SUP Yoga Teacher Training with us at Endless SUP Company, we offer the following benefits to our trainees:

- **IMMEDIATE teaching opportunities to teach SUP Yoga with us at Endless SUP this summer in Belmar, NJ!**
- **Option to also receive your WPA Level 1 Certification (this is required of ALL our SUP Yoga teachers at Endless SUP)**
- **Earn 25 CEs from Yoga Alliance for completing this training**
- **We provide ALL equipment for training - no need to BYO board!**

## **What are the requirements to teach SUP Yoga with Endless SUP?**

In addition to completing a SUP Yoga certification program (like ours!), we require the following of all our instructors:

- Minimum RYT-200 OR you will be completing a 200-hour YTT by July 1, 2025

- Valid CPR/AED certification (we also hold a CPR training for staff before the summer season if you're due)
- WPA Level 1 certification (this can be obtained as part of your SUP YTT)  
*\*Proof of these certifications will be required*

## Can I do your SUP Yoga Teacher Training program if I'm not from the area or don't plan on teaching at Endless SUP?

YES! We welcome all SUP Yoga enthusiasts to join us for training. We have had teachers come from all over NJ and beyond to do training with us to bring SUP Yoga back to their local communities.

## WHAT IS THE COST OF SUP YOGA TEACHER TRAINING?

We are offering two options for training: one just for training and one that includes WPA Level 1 certification. There is an Early Bird registration discount until May 13, 2025. ***We can also work with you to arrange a payment plan that works best for you and your budget.***

ALL equipment will be provided at training including SUP board, paddle, PFD, and anchor. Our training spots are based on the amount of equipment we have.

Here's what to know about each option:

TRAINING ONLY	TRAINING + WPA
<p>You will be certified in SUP Yoga, but you will not be eligible to teach at Endless SUP Company.</p> <p>If you decide down the road you want to complete the WPA training, we can make arrangements for you to obtain your WPA at another time.</p>	<p>You will be certified in SUP Yoga and obtain your WPA Level 1 certification. AND you will immediately be able to teach SUP Yoga with us as soon as we officially open for the summer season!</p> <p>WPA Level 1 provides you with the info &amp; skills you need to not only paddle correctly and safely, but to help our patrons be safe and successful on the water as well. Our #1 priority is to keep our Endless SUP customers safe while having fun out on the water.</p> <p>Even better – those who hold a WPA have opportunities to earn additional income with Endless SUP this summer beyond yoga classes including:</p> <ul style="list-style-type: none"> <li>• Working hours at L Street Beach giving mini lessons to renters</li> <li>• Leading nightly Sunset Paddle groups</li> <li>• Private SUP lessons</li> <li>• Guided SUP Tours</li> <li>• Helping with Kids Camp</li> <li>• Private events including private yoga classes, birthday parties, bachelor/bachelorette parties, fundraisers and more!</li> <li>• You can arrange hosting your own private event</li> </ul> <p><b><i>NOTE:</i></b> While we will cover a lot of what you will learn in WPA training during our SUP YTT, your official WPA training will take place on another day following SUP yoga training. We will make arrangements with our WPA trainer to complete your WPA certification at a later date.</p>
<p><b>COST:</b>  <b>\$495 + tax before May 13</b>  <i>After May 13, the cost increases to \$595 (plus tax)</i></p>	<p><b>COST:</b>  <b>\$795 + tax before May 13</b>  <i>After May 13, the cost increases to \$895 (plus tax)</i></p>

## READY TO JOIN US?

Call 732-778-4462 or select “Click to Register” to get started with enrollment.

## ABOUT YOUR TRAINER

### Meet Mandy Enright, RYT-500!

Mandy is an OG Endless SUP Mermaid and has been teaching SUP Yoga and SUP Fitness classes with us since 2014. Mandy is a 500-hour registered yoga teacher who completed teacher trainings at Dharma Yoga Center and Laughing Lotus Yoga Center, both in NYC. She has also completed SUP Yoga, SUP Fitness, and WPA Level 1 certifications. Mandy helped develop our Endless SUP YTT program. Mandy’s goal is always to set up students up for success on the water while teaching them her famous “yoga party tricks”. When not floating around the Shark River, Mandy works as a registered dietitian conducting employee wellness programs to promote health and wellness to busy working professionals. Follow Mandy at [@mandyenrightRD](https://www.instagram.com/mandyenrightRD)



## FREQUENTLY ASKED QUESTIONS (FAQS)

### ***Will I get wet during training?***

We WILL be going in the water many times during training as we do classes, practice teaching, and work on paddling skills. There is no better way to learn SUP and SUP Yoga than to experience it first-hand. That being said, the Shark River can still be chilly in June, so dress accordingly in warm and fast-drying clothing. While you don’t need to wear a wet suit, you may want to consider wearing booties to keep your feet warm. Bring a towel and several changes of clothes in case you do get wet.

### ***What if it rains during training?***

While we can plan an amazing training, we can’t control the weather. We will monitor the weather closely each day of training. If we deem the conditions to be unsafe, we will either move to an indoor location or reschedule for another day. Rain date(s) will be determined with the consensus of the trainees.

### ***Does the cost of training include CPR?***

CPR would be an additional cost if you don’t currently have a valid certification. Most of our instructors already hold CPR certifications because other locations they teach at require it, so we don’t include it in the training. However, we do organize a CPR session for our instructors early in the season for those who don’t currently have CPR certification or need to renew. CPR/AED certification is good for 2 years (and honestly, it’s just a good life skill to have 😊).

### ***What time will training take place?***

- Friday June 13: 8am-5pm
- Saturday June 14: 8am-5pm
- Sunday June 15: 8am-12pm (\*we are trying to arrange WPA training to take place 12-4pm this day)

***What is the cancellation policy?***

There will be a \$50 cancellation fee deducted for any training cancellations made before May 13, 2025. There will be NO REFUNDS if you cancel after May 13, 2025 due to the limited number of spots available. **To cancel your training registration, please call (848)404-9033 or email [theendlessupcompany@gmail.com](mailto:theendlessupcompany@gmail.com).**

*Please note the Cancellation info listed on Fare Harbor is incorrect and only applies to rentals and classes.*

***I'm interested in setting up a payment plan. How do I do that?***

Call 732-778-4462 or email [mandyenrightRD@gmail.com](mailto:mandyenrightRD@gmail.com) to get your payment plan set up.

***What if I decide to register without the WPA training option but decide during training that I want to teach at Endless SUP or complete the WPA Training?***

That's no problem! Simply let us know that you are interested in adding on WPA certification and we will make arrangements with our WPA trainer. The cost of WPA training will be an additional \$295.

***I really want to do SUP Yoga Teacher Training, but these dates don't work for me. Will you offer training again?***

Yes, we plan to offer a training at least once a year. Due to our short season, we typically run trainings in either May or June before things get too busy for us on L Street. If you would like to stay in the loop about future trainings, please email [mandyenrightRD@gmail.com](mailto:mandyenrightRD@gmail.com).

***What if I have more questions about training?***

Email our trainer Mandy at [mandyenrightRD@gmail.com](mailto:mandyenrightRD@gmail.com) and she will respond to your questions.