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**HUMAN POWERED SPORTS REIGN ON LAKE TAHOE’S NORTH SHORE**

**NORTH LAKE TAHOE, Calif./Nev. (Summer 2015) –** North Lake Tahoe’s human-powered sports scene is both diverse and extensive, ranging from beachside watersports to mountainside activities. Aerial silks, one of the newer human-powered sports in the region, now has a new home in North Tahoe — Tahoe Flow Arts Studio in Tahoe Vista.

The studio opened its doors last fall to clients looking for a core workout inspired by play and dance. Owner Kelly Smiley offers beginner to advanced classes in aerial fabrics, flow arts, and yoga.

“There was an emerging need for this type of community flow space in North Lake Tahoe,” said Smiley. “Practicing artistic self expression and human-powered movement in a non-competitive space was important to me, and offering classes for all levels to participate and learn promotes engagement and collaboration.“

Aerial arts were introduced in the 1990s by popular traveling circus show Cirque du Soleil, becoming more mainstream in recent years. Combining acrobatics, the artistry of dance, and the exhilaration of height, classes are a great alternative to the gym, and emphasize core conditioning, technique, grace and creativity.

Smiley focuses on the caliber of instruction so that within each class there are layers of structure, safety, and progression. Her thoughtful approach is unparalleled; students leave feeling successful and eager to build on what they have learned.

Flow artistry classes vary from hula hooping, hip-hop, and juggling, where centering the mind and uplifting the spirit is at the forefront of each activity. For those looking to expand their physical, mental, and spiritual practices, Tahoe Flow Arts Studio offers an array of yoga classes, from Hatha and Core Fusion to Vinyasa Flow. In summer months, a variety of workshops and classes take place both inside and outside of the studio.

Also unique to North Lake Tahoe is SUP yoga classes in Tahoe City. Mountain Lotus Yoga & Massage encourage the hybridization of stand-up-paddleboarding and the concept is sweeping through Lake Tahoe. Instead of rolling out the yoga mat in an enclosed studio, yogis are taking their practice to the waters, finding that balancing on paddleboards makes yoga more challenging and more rewarding. Beginning SUP yogis even find it easy to turn it into a dual sport activity, where a difficult yoga pose one minute effortlessly transitions into an unplanned swim in the waters of North Lake Tahoe the next.

Other human-powered sports opportunities are nearly limitless in North Lake Tahoe, and include mountain biking, road biking, paddleboarding, rafting and hiking. Summer is the high season for human-powered sports, whether it is flying through the mountain air on a silk strand, finding inner and physical balance on a paddleboard or simply hiking one of North Tahoe’s beautiful trails. Learn more about human-powered sports opportunities in North Lake Tahoe at [www.GoTahoeNorth.com/things](http://www.GoTahoeNorth.com/things).

**About North Lake Tahoe**

Lake Tahoe is a crown jewel of the Sierra. Formed approximately two million years ago, it is the largest alpine lake in North America and the second deepest in the United States. North Lake Tahoe spans two states and boasts two dozen beaches, twelve ski resorts, hundreds of miles of biking trails, half a dozen communities, and a growing number of nationally recognized human-powered events, races and festivals. North Lake Tahoe is a 45-minute drive from the Reno Tahoe International Airport, two hours from Sacramento International Airport and just over three hours from San Francisco International Airport. Visitor information centers are located at 100 North Lake Boulevard in Tahoe City and 969 Tahoe Boulevard in Incline Village. For the latest deals, check out the [Deals](http://Deals) tab on [www.gotahoenorth.com](http://www.gotahoenorth.com/" \t "_blank).

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