



SUPA Yoga

**All levels welcome!
Classes begin MAY 29TH**

Yoga on a paddleboard has become an ideal way to practice yoga in a pool, pond, lake or the ocean. The principles that are taught on the yoga mat become essential and even more appreciated on the board. Enhancing the experience of concentration and moving with the breath on water, we have created a floating classroom that allows students to develop core strength, balance, and do things that you never thought possible!

**Tuesdays 10:00am – 11:15am
Saturdays 5:00pm – 6:15pm**

\$15 per class

INSTRUCTOR: Eileen Allen

LOCATION:

NPOA Recreation Center

Boards are provided

Please wear shorts, yoga or swim-wear

Class max of 6, so sign up early!

