

**SUP YOGA**

**AT THE DARIEN Y**



**JUNE/JULY 2019**

**SCHEDULE!**

**SUP YOGA will reinvigorate you and push you to become an even better yogi than you thought possible—all while enjoying the natural splendor of floating on water. Take a course here at the Darien Y and see why this amazing class might be your new obsession.**

**IT’S FUN.**

**IT’S CALMING.**

**IT’S BEAUTIFUL.**

**IT’S EMPOWERING.**

**IT’S CHALLENGING.**

**IT TEACHES YOU TO GET BACK UP.**

**IT HELPS YOU FOCUS ON YOUR BREATH.**

**IT WILL REFINE YOUR YOGA TECHNIQUE.**

**Private SUP YOGA** is available by appointment as well. Please reach out to Jvansciver@darien-ymca.org for details and questions.

**SUP YOGA CLASS**

**Time:** 1 hour and 15 min–paddle to/from location and Yoga class.

**Age:** 15 and up

**Fee:** Members/$35; Non-Members/$45

**Sign up online or at the Front Desk to reserve a spot in one of our SUP YOGA classes.**

**Some SUP experience is necessary, as this is not a lesson. Please visit our website for the latest PaddleFit Intro classes for details.**

***Tuesdays from 11am-12:15pm with Talita***

***(No 11am class held on 7/2 and 7/9)***

***Tuesdays SUNSET SUP YOGA from 7pm-8:15pm with Danielle***

*Your instructor for SUP YOGA will greet you in the Front Lobby. Please make sure to arrive 10-15 minutes prior to your class start time. This will allow for time to store any personal items, change into appropriate clothing and to sign our waiver.*