

YOGA ON THE WATER

spring semester 2019



Dates:

March 19, 21, 26, 28
April 2, 4, 8, 11

Time:

5:00pm - 6:00pm

Location:

Student Recreation Center Pool

Fees:

\$30 Student
\$35 Member
\$45 Non Member

This class will challenge and encourage you to focus on both your control and balance. First we will quickly practice our yoga sequence on land before pairing up to get in the water and on the boards. One person will practice yoga on the paddle board while their partner helps to hold the board to keep it steady. Partners will then switch so everyone has an opportunity to practice yoga on the board.