



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CREATING LIFE'S BALANCE

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.

SUP YOGA @ DARIEN Y

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

Age: 15 and up

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

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.

August/September 2019 Schedule

Fridays at 9:30-10:45am:

August 2nd, 9th, 16th, and 30th with Talita

Thursdays SUNSET SUP 7-8:15pm:

August 8th, 22nd and 29th with Danielle

September 5th, 12th and 19th with Danielle.

IMPORTANT: SUP YOGA ON 19TH WILL BEGIN @ 6:30P.M.

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.

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