

# Floating Yoga

This full body workout is performed on stand-up paddleboards in deep water. Floating Yoga intensifies the benefits one would receive in a traditional yoga class by further incorporating the muscles, specifically the core, to help stabilize in the water. We offer two class intensities, though yogis of all experience levels are welcome in each class type!

## BEGINNER (BEG) FLOW

45 MINUTE CLASS SESSION

**Our beginner friendly flow will focus on breathwork, meditation, Vinyasa - Sun Salutations A, and hip openers.**

2-4 points of contact at all times.

## INTERMEDIATE (INT) FLOW

60 MINUTE CLASS SESSION

**Our intermediate flow, while still focusing on breathwork and flowing through Vinyasa, will introduce more balance work and quicker transitions.** This class is intended for those who are a little further along in their yogi journey or newbies who just want to challenge themselves a bit more.



# Floating Yoga

FEB  
2026

SUN MON TUE WED THU FRI SAT

1	2	3	4	5	6	7
8 1:30 - 2:30 PM (INT)	9	10	11 6:30 - 7:15 AM (BEG)	12	13	14
15 1:30 - 2:30 PM (INT)	16	17 6:30 - 7:15 AM (BEG)	18	19	20	21
22	23	24	25	26	27	28
						31

\*\*All classes will be held in the Dive Well unless otherwise stated.  
We are working our way through championship season and look forward to  
hosting more classes in coming months!

