

# *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

MAY  
2026

SUN

MON

TUE

WED

THU

FRI

SAT

|                                  |          |                                  |                                  |    |    |                                  |
|----------------------------------|----------|----------------------------------|----------------------------------|----|----|----------------------------------|
|                                  |          |                                  |                                  |    | 1  | 2                                |
| 3                                | 4        | 5<br>8:30 -<br>9:30 AM<br>(INT)  | 6<br>7:00 -<br>7:45 AM<br>(BEG)  | 7  | 8  | 9                                |
| 10<br>1:30 -<br>2:15 PM<br>(BEG) | 11       | 12<br>8:45 -<br>9:30 AM<br>(BEG) | 13<br>7:00 -<br>8:00 AM<br>(INT) | 14 | 15 | 16                               |
| 17                               | 18       | 19<br>8:45 -<br>9:30 AM<br>(BEG) | 20<br>7:00 -<br>8:00 AM<br>(INT) | 21 | 22 | 23<br>3:45 -<br>4:30 PM<br>(BEG) |
| 24<br>1:30 -<br>2:15 PM<br>(BEG) | 25<br>31 | 26<br>8:45 -<br>9:30 AM<br>(BEG) | 27<br>7:00 -<br>8:00 AM<br>(INT) | 28 | 29 | 30                               |

\*\*All classes will be held in the Dive Well unless otherwise stated.

