Floating Yoga

These full body workouts are 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 on the water. We will occasionally promote specialty offerings, though yogis of all experience levels are welcome in each class type!



$20 DROP-IN RATE **OR $10** MEMBER RATE

45 MINUTE CLASS SESSIONS

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

2-4 points of contact at all times, though instructors will guage participant comfort and offer additional progressions and modifications as needed!

Yin Yoga *offerings will introduce a slower, somewhat more intentional, practice focused on restoration and relaxation paired with therapeutic sound.*

Hatha Yoga, *while similar to a traditional vinyasa class, will offer strength training through a combination of dynamic and static holds rather than continuous flow.*

Floating Yoga

NOVEMBER
2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 **1:30 - 2:15PM**	2	3	4	5	6	7
8 **1:30 - 2:15PM** *Training Pool*	9	10	11	12	13	14
15 **1:30 - 2:15PM** *Training Pool*	16	17	18	19	20	21
22 **1:30 - 2:15PM**	23	24	25	26	27	28
29 **1:30 - 2:15PM**	30					

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