



YW Yoga and SUP! Sunday at 9:30am

Yoga and Stand Up Paddleboarding (SUP) go together great! The paddleboard makes a fine yoga mat and the extra balance required by being on the water makes for a great challenge!

Additionally, the peacefulness and tranquility of floating on the water combines nicely with the meditative nature of yoga. Come experience Yoga like you never did before. Reservations required.

Email aquatics@ywcagreenwich.org for more information or [click here](#).