

# SUP YOGA

**WORKSHOP**



## YOGA ON THE WATER

**FRIDAY, SEPT. 22**

**9:30-11 A.M.**

**INDOOR POOL**

**COST: \$75**

Come float your yoga! We'll set sail in the Bellevue Club swimming pool to explore balance, strength, breath and bliss on stand-up paddle boards. Hasna Atry, owner and lead teacher of WASUP Yoga, will guide you through a practice tailored to all skill levels. Please come prepared to get a little wet and to experience the savasana of your lifetime!

Space is limited so reserve your spot today!

Registration required.



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