



SUP Yoga with Sara



If you're looking for a new challenge, yoga on a stand-up paddleboard will reinvigorate you and push you to become an even better yogi than you thought possible -- all while enjoying the natural splendor of floating on water. WCC Pool is excited to introduce Sara Lentz, the instructor offering this cool new challenging program. This program will combine the physical and psychological benefits of Yoga with the fun and balancing challenges of being on the water. All levels are welcome, we will begin this six (6) week program learning the basics of balance on Paddleboards and then move on to Yoga poses.

A great workout for increasing awareness of your body and mind, increasing your flexibility and range of motion all while challenging your core strength and balance. General comfort in the water and ability to swim are recommended! Come enjoy the warmth of our 85 Degree pool room with the 83 Degree pool water!

Sara has been teaching yoga in the Mid-Coast area at all levels, now teaching for us on Monday and Wednesday mornings here at the WCC. Sara is looking forward to teaching this new challenging class to those up to the challenge!

Some yoga poses we may practice on the SUP:

Downward and Upward dog, Boat Pose, Childs Pose, Bridge, Happy Baby, Plank, Cobra, Cat, Cow, Seated forward Bend, Savasana; Just to name a few!

This class is going to be offered on Tuesday evenings and run for 6 weeks:

Tuesday evenings from 6:00 – 7:00 pm

April 18th – May 23rd

Preregistration required: Sign up online www.wiscassetrec.com or call the WCC Front Desk [207-882-8230](tel:207-882-8230)! Boat, Paddle and lifejacket included in fee! Max 12 participants: Register early to ensure your spot!



Members: \$45.00

Non-Members: \$60.00

What to wear for SUP Yoga: To effectively do SUP Yoga, you will need the proper attire. Stretchy, water-resistant workout attire is recommended when performing yoga poses.

