



Village of Mamaroneck
Parks & Recreation

SUP Yoga in the Harbor



Rivertowns
SUP & YOGA

Get anchored with yoga on the water.

Learn paddle basics on the beach then paddle and drop anchor for a combination of flowing movements and steady postures designed to establish trust, train balance, strengthen the body and calm the mind.

SATURDAYS

*Stephen E. Johnston Beach at
Harbor Island Park*

2:00-3:00pm

DATES/FEEES

7/10, 7/17, 7/24, 8/14*, 8/21, 8/28

*class is 2:30-3:30 on 8/14

\$45 residents**/ \$55 non-residents

Register online. Pre-registration required. Space is limited!

<https://rivertownssupyoga.com>



**Residents contact Recreation Department to receive coupon code: 914-777-7784; recreation@vomny.org

Questions: contact tara@rivertownssupyoga.com

All equipment provided