

## Stand-up Paddleboard Yoga

**Thursday, February 20th 2025**

**6:00pm-7:00pm**

**Thursday, March 27th, 2025**

**6:00pm – 7:00pm**

**Thursday, April 17th, 2025**

**6:00pm – 7:00pm**

**Thursday, May 15th, 2025**

**6:00pm-7:00pm**

Join us as we combine two awesome activities, yoga and stand-up paddleboarding. Our instructor will guide you easily through your movements and paddle. Enjoy the fun of being on a board while taking your yoga practice to the next level. We'll see if you're up to the challenge, but no worries, falling is half the fun!

### What to bring:

- Water Bottle, stay hydrated.
- Swimsuit
- Personal Towel

### Location Details

Please meet at the Outdoor Adventure Center by 5:45pm

Questions? Email Miles Cargas at [mcargas@unm.edu](mailto:mcargas@unm.edu)

***Please Note: There are no refunds for cancellations 7 days or less prior to the trip, unless covid-19 or weather related.***

