

Paddle Board Yoga



Gear & Cheer Music Festival Bradys Run Park Lake Sunday, July 19

Join the Ohio River Trail Council at Bradys Run Park Lake for fun in the sun with Stand-Up Paddle Board Yoga (SUP). No prior experience required – come and give SUP a try. Boards and paddles available on a limited basis or bring your own. Instruction provided. SUP is essentially Yoga on a stand-up paddleboard in the water. SUP boards are large enough to act as a mat and sturdy enough to support standing. Yoga on a SUP brings a completely new perspective to being present in the moment!