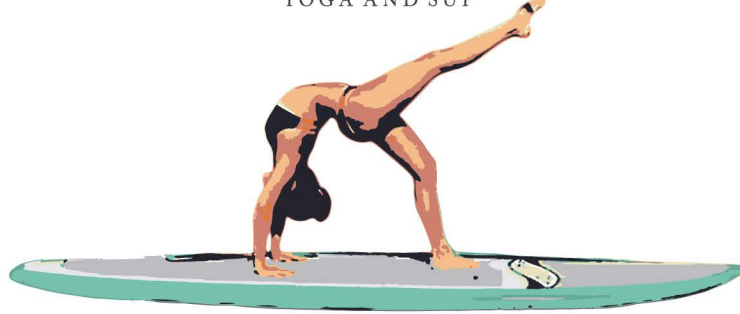


# 10 REASONS YOU SHOULD TRY SUP YOGA

N(◉M)AD  
YOGA AND SUP



## 1. ITS A GREAT WORKOUT

Since the platform is unstable, you have to engage your core more for a better balance. Your whole midsection will have to work to keep you balanced and afloat. You have to work harder and focus more on the water.

## 2. IT WILL REFINE YOUR TECHNIQUE

You'll be more in tune with your poses. For example, during downward dog, if you have more weight on one side, your board will let you know.

## 3. ITS CALMING

The sensation of floating helps to alleviate the heaviness that life sometimes throws on our shoulders.

## 4. IT WILL HELP YOU FOCUS ON YOUR BREATH

Ujjayi Pranayama, or Ocean Breath, is a popular yoga method for breathing because the "ocean" sound is believed to soothe your mind. And some researchers believe that listening to the sound of the ocean can help people to relax. The gentle sound of water lapping while on a paddleboard will help you relax and key you in to the most important aspect of yoga: your breath.

## 5. ITS EMPOWERING

Standing up on a paddle board gives you a unique perspective of both the water and the horizon. It's as close as you can get to walking on water, and the possibility of falling helps practitioners really focus on themselves and their poses. It's about letting go of the fear, you get off the water feeling really rejuvenated.

## 6. ITS FUN

It's well-known that novelty is important in exercise regimens in order to stay motivated and happy. According to the National Institute of Health, "Mixing it up also helps to reduce boredom and cut your risk of injury." There are many different types of yoga, but it's still easy to fall into a rut. Trying paddleboard yoga will keep you on your toes.

## 7. ITS THRILLING

The very real possibility of falling into the water provides just enough adrenaline to your workout to keep you focused and motivated. And that could help you fight the ill-effects of stress in your everyday life.

## 8. IT TEACHES YOU TO GET BACK UP

If you do fall in, you are forced to overcome the set-back, climb back up on your board, and try again -- which is a life lesson in and of itself. Conquering the fear of falling in is essential. The quicker you become okay with falling into the water, the better you'll feel and the easier it will be.

## 9. ITS CHALLENGING

When the board is your mat, there's less room for error. If you feel like you've started to master your normal yoga class, it's time you tried SUP Yoga.

## 10. ITS BEAUTIFUL

Between breathing fresh air, soaking up vitamin D and enjoying the natural landscape, it beats just about any gym or studio out there. Yoga means 'union'. When it's practiced outdoors it seems like the union with nature, humanity, and the universe is truly felt.



NOT ALL WHO WANDER ARE LOST...



AND SUDDENLY YOU KNOW... IT'S TIME TO START SOMETHING NEW AND TRUST THE MAGIC OF BEGINNINGS. THE WATER IS CALLING AND I MUST GO...

