

THE CITY'S HOTTEST SALONS: OUR READERS' CHOICE WINNERS

# NASHVILLE

LIFESTYLES

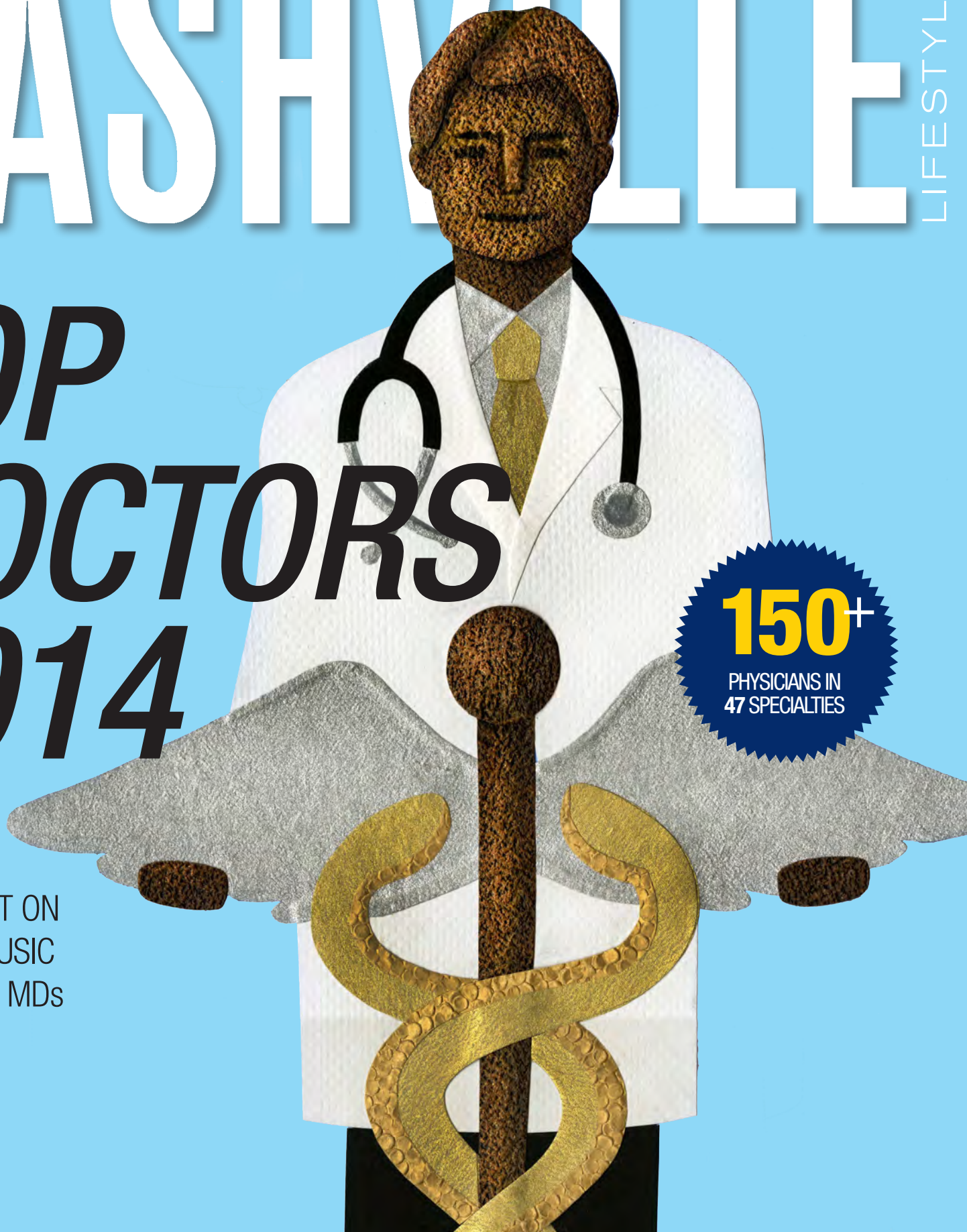
## TOP DOCTORS 2014

150+

PHYSICIANS IN  
47 SPECIALTIES

PLUS

A SPOTLIGHT ON  
SOME OF MUSIC  
CITY'S BEST MDs





## GO WITH THE FLOW

Stand-up paddleboarding meets yoga during FloYo classes.

NASHVILLE PADDLE CO. has been making waves—quite literally—since debuting in 2011. But these days, stand-up paddle (SUP) enthusiasts can do more than just paddle around Percy Priest Reservoir; they also can get their savasana on—while floating atop a board.

Nashville native Liz Veyhl debuted her popular FloYo class in 2012 and is back teaching six classes a week through the end of September. In collaboration with Nashville Paddle Co. and Shakti Power Yoga, where Veyhl is an instructor, the 90-minute FloYo classes teach students basic stand-up paddling skills before going into what the yogini calls “a very typical vinyasa class,” from sun salutations to various balances.

“For me, there’s a certain lightness that comes with taking your yoga out on the water on a paddleboard,” Veyhl says. “Yes, it can be challenging. It makes you aware of a lot of different muscles you may not use in a typical class. What I love is the setting itself—being out on the water—and trying new

things, laughing at yourself, just having a really good time. The more adventurous you are and the more willing you are to let go, the more fun you’re going to have.”

Classes meet at Hamilton Creek Marina and cater to all skill levels. Each session costs \$40, which includes rental of a board, paddle, and personal flotation device, or \$15 for those who bring their own.

New to the roster this summer is a certification course Veyhl will offer in August to those who want to teach FloYo, too. “My vision is to create a community of certified teachers, those who not only know how to teach yoga but also those who know how to do paddling as well,” she explains. Veyhl says it’s advantageous, though not required, that participants already be yoga teacher-certified. She adds, “In order to be affiliated and call yourself a certified FloYo instructor, we do require you to do some sort of 200-hour teacher training within a two-year window, as well as CPR and first aid.

—Kristin Luna

For regular FloYo classes, reservations must be made at least 24 hours in advance by email ([info@nashvillepaddle.com](mailto:info@nashvillepaddle.com)) or online ([nashvillepaddle.com](http://nashvillepaddle.com)). The FloYo training course is two full days in August, costs \$495, and also counts as 20 hours of continuing education units through Yoga Alliance.