

The logo for NOW ATHLETICS is centered on a solid orange background. It consists of the word "NOW" in a large, white, sans-serif font, with the word "ATHLETICS" in a smaller, white, sans-serif font directly below it. The text is enclosed within a white rectangular border.

## **Yoga School Recommends Use Of Yoga Mat Except For Paddle Board Yoga**

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Now Yoga, a yoga school in Providence, RI, has usually recommended traditional types of yoga be practiced on solid ground, with nothing more than a soft mat required. One notable exception to this is paddle board yoga. Paddle board yoga is becoming increasingly popular and people on vacation to Hawaii or the Caribbean have often been observed trying this new kind of yoga. Meanwhile, the yoga school is recommending the yoga mat from Now Athletics, LLC, whose website is found at [www.nowathletics.net](http://www.nowathletics.net).

Per Davidson from Now Athletics, LLC says: "Our yoga mat has long been very popular because of the balance and stability it offers yoga practitioners, while at the same time ensuring they can still feel completely grounded. Meanwhile, we're are also happy to see that more people are now engaging in paddle board yoga, which is a good alternative to traditional yoga."

Paddle board yoga has a number of clear advantages. Firstly, it greatly improves overall balance. Secondly, if something does go wrong during a complex pose or form, people will land safely in the water. Naturally, because of the waves and the natural flow of water, falling is almost inevitable. This adds a level of fun to the discipline as well.

"Paddle board yoga is a whole lot of fun," adds Per Davidson. "It greatly improves balance, helps people to refine their techniques, and it is a lot more calming. To be that close to nature and flowing water is a unique experience. Furthermore, it helps people to focus more on their breath and people often feel really empowered after a session. Plus, it is a whole lot of fun and even a little bit scary, because falling is not just possible, it is highly likely."

Those interested in yoga or paddle board yoga are encouraged to contact Now Yoga, with website at [www.nowathletics.net](http://www.nowathletics.net), which has a number of packages that people can sign up for to familiarize themselves with the discipline or get properly involved. Additionally, they recommend that those who practice yoga, with the exception of paddle board yoga, use the Now Athletics, LLC mat for their personal comfort.

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For more information about Now Athletics, LLC, contact the company here: Now Athletics, LLC Per Davidson 415-797-2636 [support@nowathletics.net](mailto:support@nowathletics.net) 144 Cypress St., Unit B Providence, R.I. 02906

### **Now Athletics, LLC**

*NOW Athletics is a supplier of eco-friendly sports equipment. We provide affordable sports and yoga products and we utilize environmentally friendly production methods.*

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