



# Sunset Wilderness Yoga Tucson Mountain Park



Are you an outdoor enthusiast? Perhaps a yoga lover or zen master in the making? Sunset Wilderness Yoga is the perfect opportunity to combine your interests! Join us for a short hike to the best yoga studio there is - the great outdoors!

Run by an instructor from Campus Recreation, this program will introduce you to some simple yoga salutations and help relax your mind. To top it all off, the hike back will feature a gorgeous view of the sunset. Sign up today and Namaste!

## Itinerary

Subject to change

### Day Trip:

- Meet at Outdoor Recreation (OR)
- Load into vans and drive to Painted Hills Trailhead
- Arrive at trailhead
- 5-minute initiative, a chance to give back to the natural areas around us
- Hike to wash
- Do yoga!
- Hike back to parking lot
- Head back to OR

## PACKING LIST

- Hiking boots/ shoes
- Sun/ quickdry shirt
- Camera
- Wool/fleece jacket
- Water bottle(s) (2 liters)
- Hat and sunscreen
- Snacks
- Any personal lifesaving medications (epi-pens, inhalers, etc.)

## OUTDOOR PROVIDES

- Transportation
- Leadership and instruction
- Yoga mat

### EXERTION LEVELS

