OUTDOOR ADVENTURES

WILDERNESS YOGA RETREAT

TRIP DESCRIPTION: Take your yoga practice outdoors! Join us on a day trip to Mt. Lemmon to hike and practice yoga on the mountain. This trip is a unique opportunity to expand your practice beyond of the studio and integrate the natural world into your yoga practice. We will take a drive up the scenic Mt. Lemmon Highway to a mid-mountain destination. Our day will include hiking on trail to a destination for a wilderness yoga practice and guided meditation. In the afternoon, we will return to the trailhead and drive back to Outdoor Adventures.

Exertion level: Moderate. No previous yoga experience necessary.

TRIP COST: Student: $50 Non-Student: $60

REGISTER ONLINE! rec.arizona.edu/outdooradventures

PROVIDED BY OUTDOOR ADVENTURES:
• Transportation (15-Passenger Van)
• Permits
• Lunch
• Yoga mats and props
• Leadership and instruction

Trip cost does not include personal clothing

EQUIPMENT LIST:
• Lightweight hiking boots or tennis shoes
• Comfortable clothes for practicing yoga AND hiking
• Wool/fleece sweater or jacket
• Rain jacket and pants
• Camera (optional)
• *Yoga mat
• *3 water bottles, 1 quart each
• *Day pack

* May be borrowed from Outdoor Adventures at no additional cost.

ITINERARY:
8:00am Depart Outdoor Adventures, travel to Mt. Lemmon
10:00am Hiking, afternoon yoga practice
4:00pm Return to trailhead
5:00pm Return to Outdoor Adventures

THE OUTDOOR ADVENTURES PROGRAM is designed to get members of the university community involved with the natural world through adventurous, human-powered activities. These activities include hiking, backpacking, mountaineering, canoeing, whitewater rafting, rock climbing, bicycle touring, cross-country skiing and caving. Each trip offers opportunities for activity skill development, personal development, social interaction, and safe and enjoyable recreation. Environmental awareness is emphasized throughout each trip.