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 Recreation.

Exertion level: Moderate. No previous yoga experience necessary.

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 Recreation at no additional cost.

PROVIDED BY OUTDOOR REC:
- Transportation
- Permits
- Lunch
- Yoga mats and props
- Leadership and instruction
- Trip cost does not include personal clothing

TRIP DATE: April 23rd, 2022

TRIP COST:
Student: $35
Member: $53
Non-member: $63

REGISTER ONLINE AT:
rec.arizona.edu/program/outdoor-rec