

MICROADVENTURES: YOGA



Escape the routine and rediscover your wild side—no plane tickets, no packing, no planning required. Our microadventures are half-day bursts of excitement designed to recharge your spirit and reconnect you with nature, movement, and wonder. Whether it’s hiking to a secret waterfall, exploring a local event, or doing yoga, each trip is a chance to press pause on the daily grind and hit play on adventure.

ITINERARY (subject to change)

- Meet at Outdoor Recreation
- Drive/ Walk to activity
- Drive back to Outdoor Recreation

*For more information, contact Outdoor Recreation at outdoorrec@arizona.edu or (520) 621-8233

PACKING LIST

- Hiking Boots/
Close toed shoes
- Warm Layers
- Any personal life
saving medication
- 2 Water Bottles (2
Liters)
- Camera (optional)
- Sunscreen
- Lip balm
- Hat
- Sunglasses
- Snacks
- Daypack*
- Yoga Mat*

*May be reserved
from Outdoor
Recreation at no
additional cost

OUTDOOR PROVIDES

- Transportation
- Leadership and
Instruction
- All trip-specific
gear

EXERTION LEVELS

