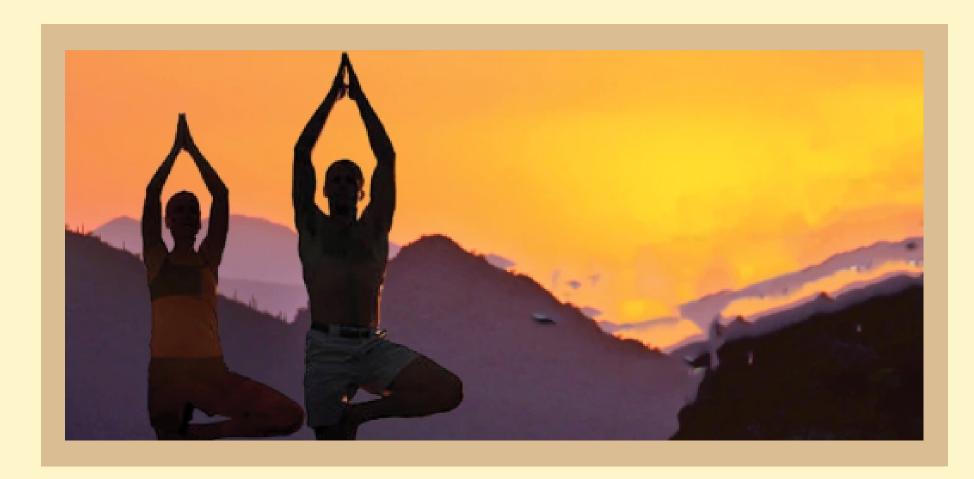


## **MICROADVENTURES: YOGA**



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** 

