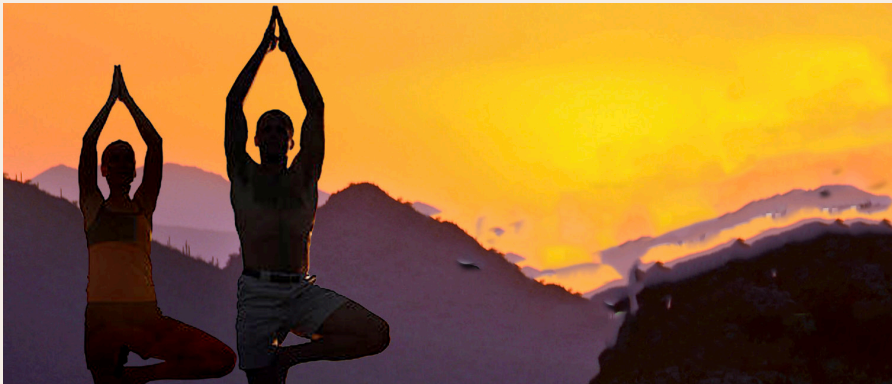




Sunset Wilderness Yoga



Are you an outdoor enthusiast? Perhaps a yoga lover or zen master wannabe? Sunset Wilderness Yoga is the perfect opportunity to combine your interests! Join us at Painted Hills Trailhead 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 One:

- Meet at Outdoor Recreation
- Load into vans and drive to Painted Hills Trailhead
- Arrive at trailhead
- Hike to wash
- Do yoga!
- Hike back to parking lot
- Drive back to OR

PACKING LIST

- Hiking boots/ shoes
- Sun/ quickdry shirt
- Camera
- 1 water bottles (2 Liter)
- Wool/fleece jacket

OUTDOOR PROVIDES

- Transportation
- Leadership and instruction
- Yoga mat

EXERTION LEVELS

