



# LNT SUP Yoga

## Patagonia Lake, Arizona



Come on a mindful escape for a day of Stand-Up Paddle Board Yoga and Leave No Trace (LNT) principles. Led by expert instructors, find your balance and inner peace through yoga atop paddle boards. As we immerse ourselves in the beauty of the lake, we'll also learn the importance of minimizing our impact on the environment through LNT principles. Join us for a day of harmony, connection, and mindful exploration at the lake.

### Itinerary

Subject to change

#### Day One:

- Meet at Outdoor Recreation
- Drive to the lake
- 5-minute initiative, a chance to give back to the natural areas around us
- Unload Paddle Boards and start Yoga
- Midday lunch break on a beach
- Hang out around the lake
- Head back to Outdoor Recreation

## PACKING LIST

- Hiking boots
- Sandals/flip flops
- Warm layers
- Any personal lifesaving medication
- 2 Water bottles (1 Liter)
- Camera (optional)
- Sunscreen, lip balm
- Hat
- Sunglasses
- Lunch and snacks
- Daypack\*

\* May be reserved from Outdoor Recreation at no additional cost.

## OUTDOOR PROVIDES

- Transportation
- Leadership and Instruction
- Paddle Boards
- Paddles
- Personal Flotation Devices (PFDs)
- Dry Bags
- All trip-specific gear

### EXERTION LEVELS

