



preparing for your YOGA EXPERIENCE

## YOGA HIKING/MINI RETREATS

we provide YOGA mats for our 3 hour experiences.

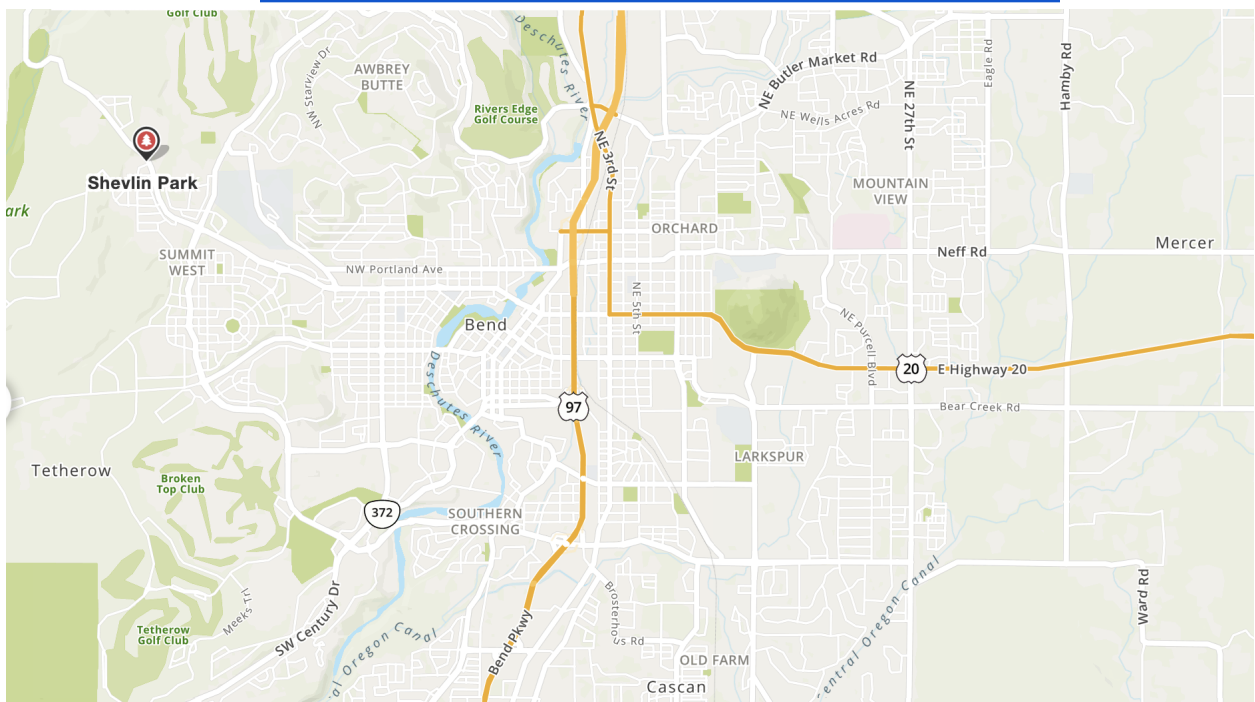
required: water and snacks, SHOES WITH STURDY SOLES (HIKING SHOES or STURDY GYM SHOES are fine), MEDICATIONS you may require, such as an EPIPEN IF ALLERGIC TO BEES

OPTIONAL: YOGA TOWELS, BLANKET, camera (CELL PHONE cameras are OK). WE WILL ASK THAT YOU KEEP YOUR CELL PHONES OFF and AWAY for MOST OF THE event. WE WILL OFFER a "PHOTO SHOOT" OPPORTUNITY TO capture memories of your experience.

**GETTING TO SHEVLIN PARK @ 18920 NW Shevlin Park Rd, Bend, OR 97701**

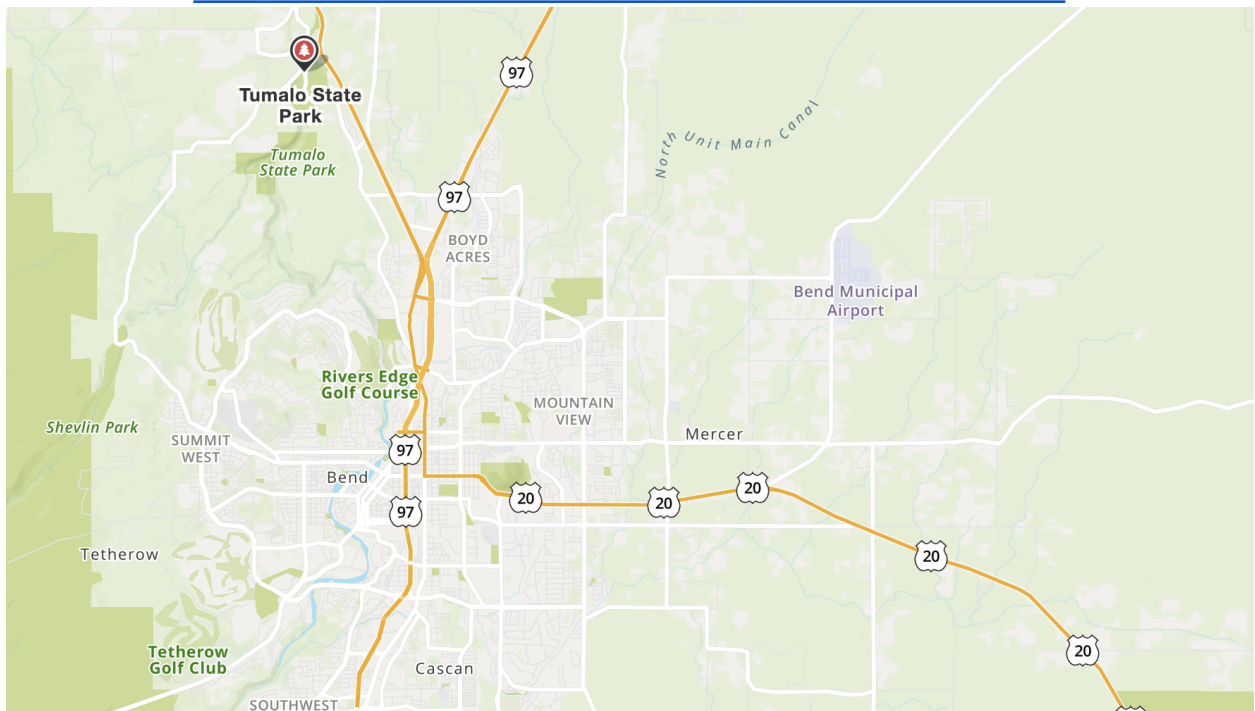
**Meet at bathrooms at the very end of the south parking lot.**

[Click here for directions to Shevlin Park from Downtown Bend](#)



**GETTING TO TUMALO STATE PARK @ 64170 O. B. Riley Rd,  
Tumalo, OR 97703**  
**Drive into the back corner of lot and meet at the sign.**

[Click here for directions to Tumalo State Park from downtown Bend](#)



**\*REMEMBER YOU WILL HAVE TO PAY A \$5 ENTRANCE FEE TO PARK HERE\***

## PREPARING FOR CENTRAL OREGON WEATHER

our local weather can be spontaneous. we have included some  
TIPS TO make your day comfy and cozy in the outdoors.

- CHECK THE WEATHER PRIOR TO your SCHEDULED experience
- Dress in layers for cool mornings and warming weather as you move through your experience
- Dress in comfy clothes that you can move in
- PLAYING IN THE WOODS can be messy, Dress in clothes that you don't mind getting dirty

## OUTDOOR COMMUNITY PARK YOGA

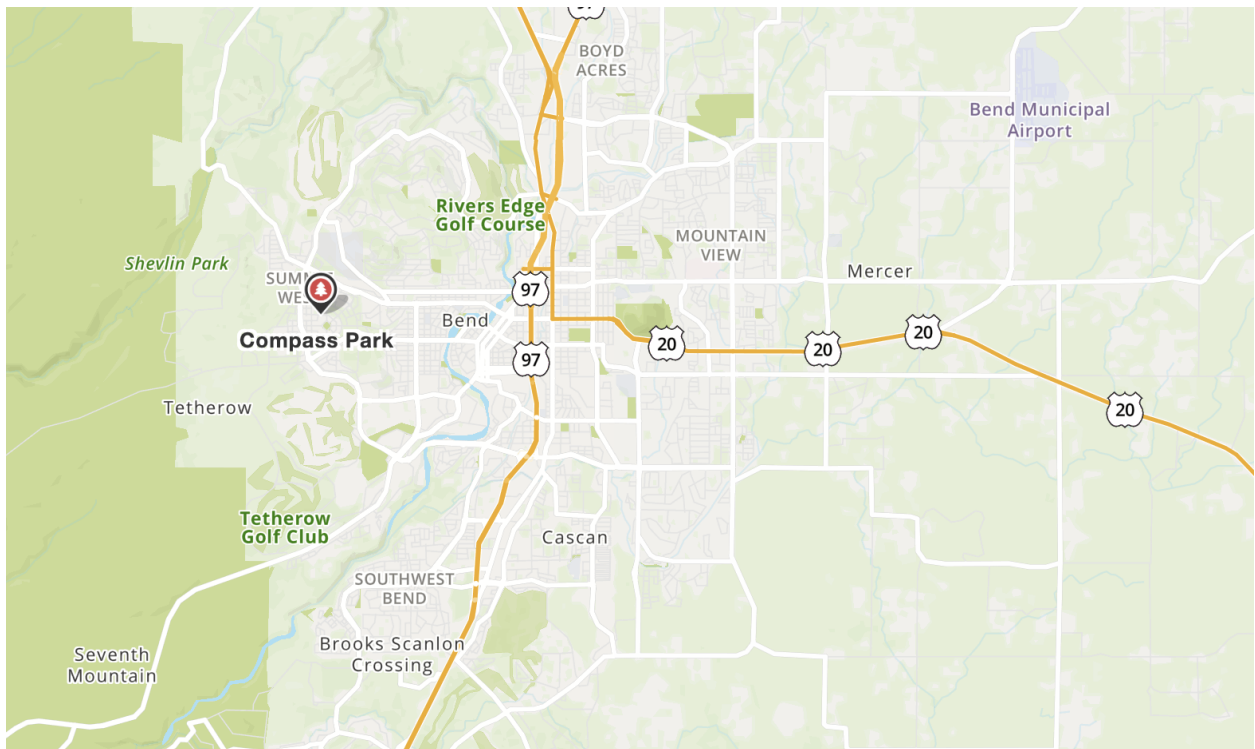
required: yoga mat, water.

optional: yoga towel, blanket and eye cover for savasana.

### **GETTING TO COMPASS PARK @ 2500 NW CROSSING DR, BEND, OR 97701**

### **PRACTICE ON THE SOUTH SIDE OF THE PARK**

[Click here for directions to Compass Park from Downtown Bend](#)



**GETTING TO PIONEER PARK @ 1525 NW WALL ST, BEND,  
OR 97701  
PRACTICE IN THE FIELD NEAR THE RIVER and BACK  
BEHIND THE BATHROOMS**

[Click here for directions to Pioneer Park from downtown Bend](#)

