



Preparing for your YOGA Experience

## YOGA HIKING/MINI RETREATS

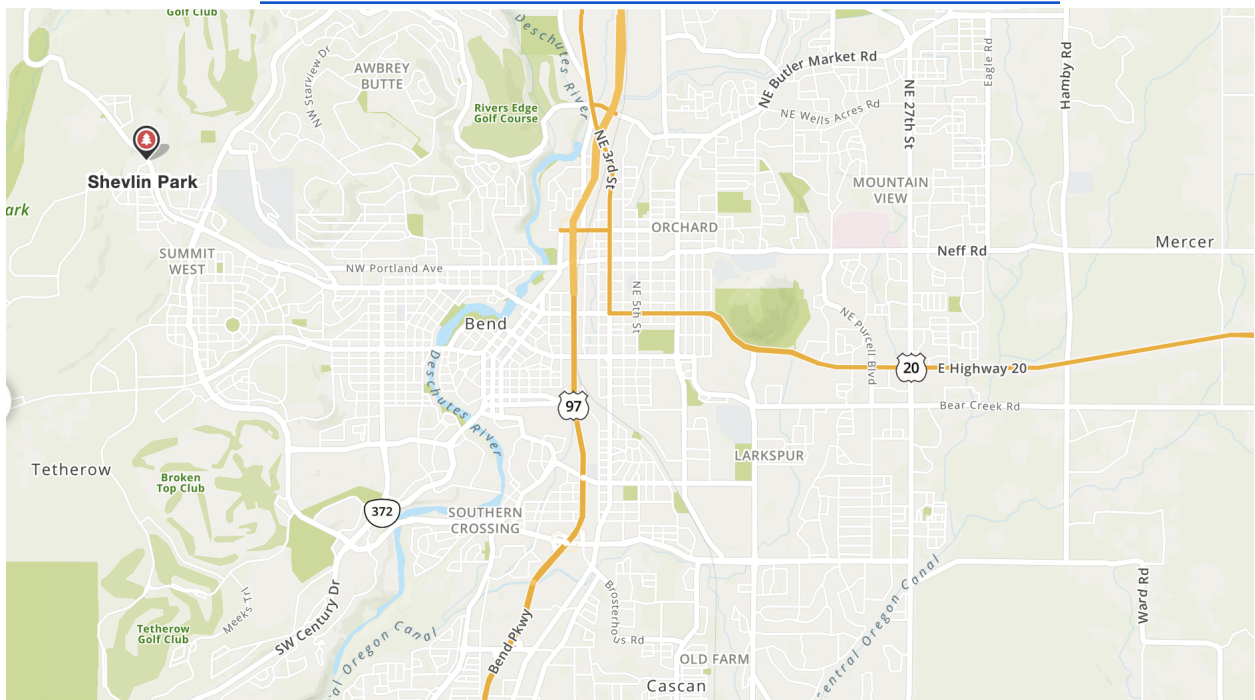
We provide yoga mats for our 3 hour experiences.

required: water and snacks, shoes with sturdy soles (hiking shoes or sturdy gym shoes are fine)

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.

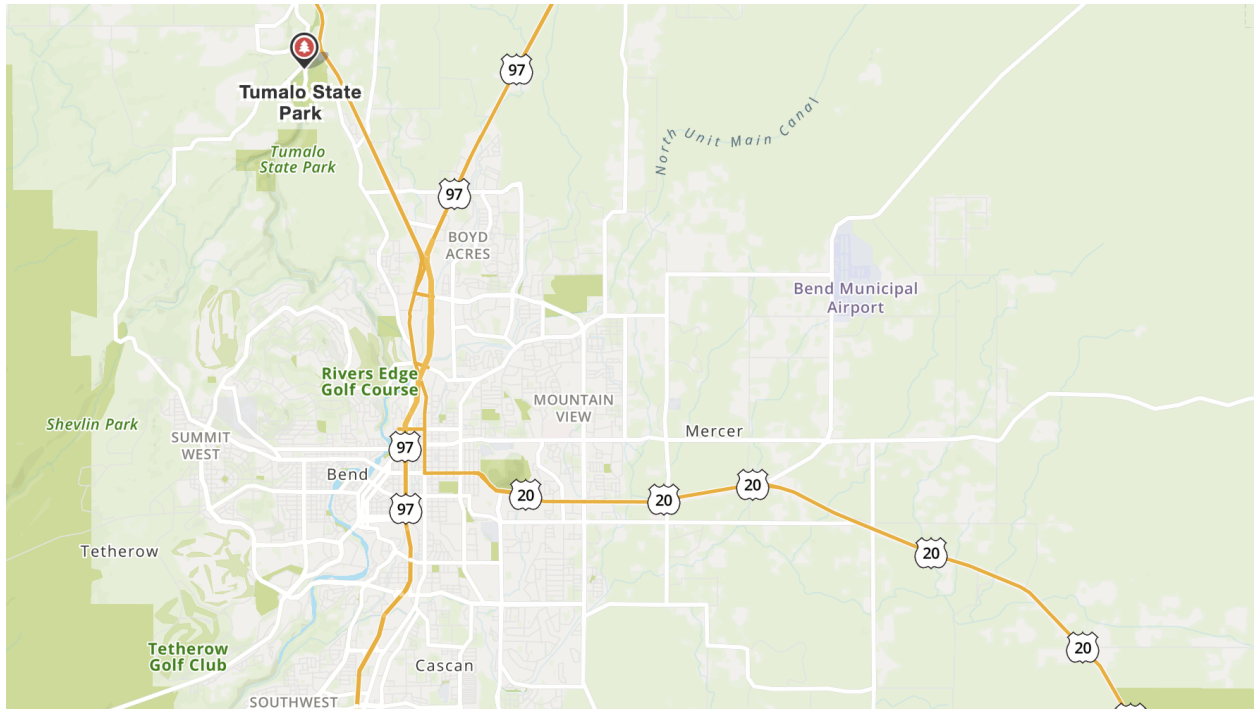
## GETTING TO SHEVLIN PARK @ 18920 NW Shevlin Park Rd, Bend, OR 97701

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



## GETTING TO TUMALO STATE PARK @ 64170 O. B. Riley Rd, Tumalo, OR 97703

[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

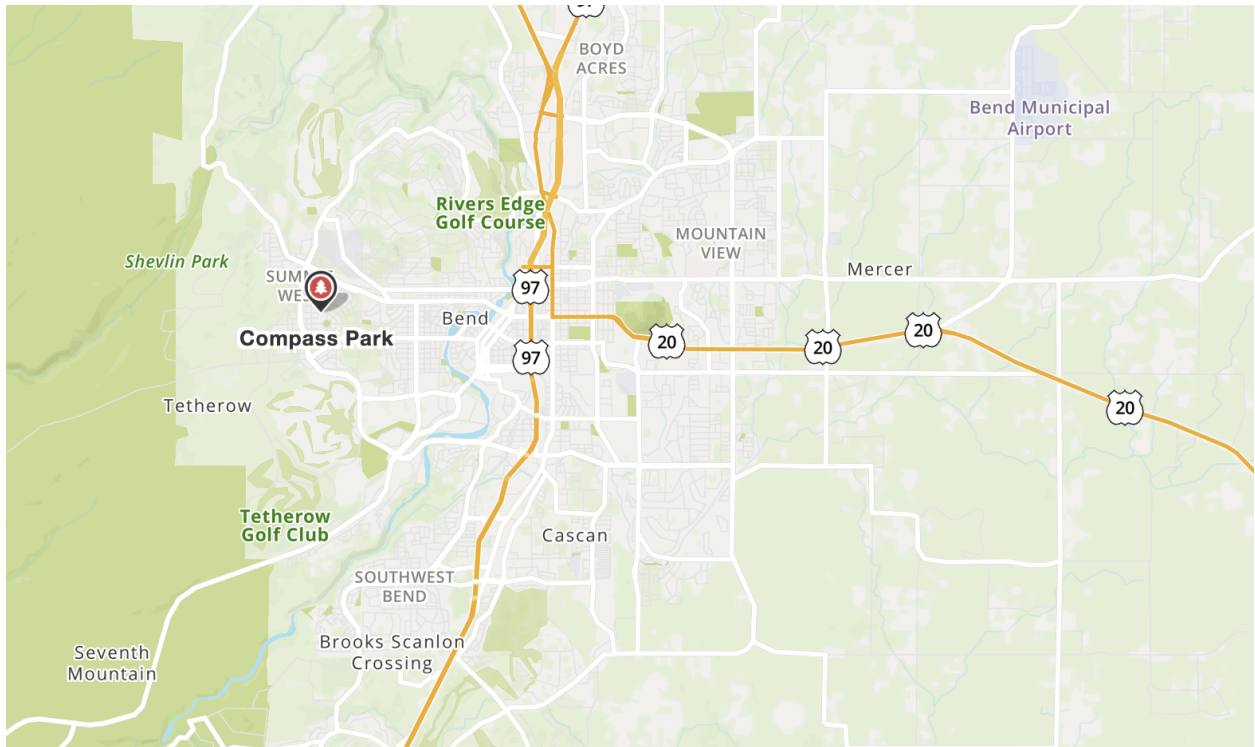
## OUTDOOR COMMUNITY PARK YOGA

required: yoga mat, water.

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

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

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



# GETTING TO PIONEER PARK @ 1525 NW WALL ST, BEND, OR 97701

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

