

Yoga, Hike, & Fellowship

August 7th, 2010, 7am -to- 10am



We will join together at the studio then hike up South Mountain together while taking periodic yoga breaks.

We are blessed to live in a city that offers both Yahweh Yoga and a stunning urban hiking environment. Let's bring in some fresh air and a new spirit of exploration to our practices. We meet new friends and play with familiar ones. We sweat and breathe up and down the hill then settle into yoga postures in this beautiful setting of the glorious desert.

- Bring your friends and family.
- FREE Event brought to you by Yahweh Yoga
- Register at studio desk or email courtney@yahwehyoga.com



Yahweh Yoga

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