



PRESENTS:

WALK/YOGA AT THE TRACK

Who: Open to individuals of all ages who are blind or visually impaired. Individuals under 18 will need to be accompanied by an adult.

Where: Boise High School Track & Field
1010 W. Washington St.
Boise, ID 83702

Details: Stretch your legs with an evening walk followed by yoga which will be an instructor-led yoga flow. Please bring a yoga mat if you have one.

When: Friday, September 10, 2021

Time: 6:00 pm - 8:00 pm

Rides From: ICBVI (depart 5:30 pm; return 8:15 pm)

West Boise (depart 5:00 pm; return 8:30 pm)

Registration is due by Tuesday, September 7, 2021.

To register, please call or email Megan Ahleman

360-768-5649

mahleman@nwaba.org

<https://nwaba.org/events/>