

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/

Northwest Association for Blind Athletes' mission is to provide life-changing opportunities through sports and physical activity to individuals who are blind and visually impaired.