



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 a morning walk followed by yoga which will be an instructor-led yoga flow. Please bring a yoga mat if you have one.

When: Saturday, June 11, 2022

Time: 10:00 am - 12:00 pm

Rides From: ICBVI (depart 9:30 am; return 12:15 pm)

West Boise (depart 9:00 am; return 12:30 pm)

Registration is due by Monday, June 6, 2022.

To register, please call or email Megan Ahleman

360-984-5627

mahleman@nwaba.org

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