



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, July 8, 2022

**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, July 5, 2022.**

**To register, please call or email Sam Picciano**

**208-391-6096**

**[spicciano@nwaba.org](mailto:spicciano@nwaba.org)**

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