

The Mindful Triathlon is 3 events including a 45 minute hike, 45 minutes of yoga and a 15 minute meditation.

The event will start at 9am and go until 11am.

We are collecting funds to be donated to ORA. Root Down is not profiting anything for this event. It's a great event for our community and to be outside together.

This will be an annual event.

Please let me know if you need more information.

Jennifer Hyer

Owner/Teacher

Root Down Yoga Studio

www.rootdownyogastudio.com

jen@rootdownyogastudio.com