

Yoga and full moon ski

Yoga-Full Moon Ski on Feb. 28 fro 6-8:30pm at Tahoe Cross Country.

Join local yoga instructor Emily Williams, for an hour and a half long yoga class in the Tahoe XC yurt. Stretch and expand in your yoga practice while you are warmed by the wood fire. The yoga class will focus on a blend of Ashtanga and Iyengar practices, and is suitable for all levels.

The yurt is situated right on the cross country ski trail, giving you a special and beautiful spot to practice yoga. After an invigorating practice we will head out the door and ski or snowshoe on a gentle trail in the full moon with long time Tahoe XC instructor Tim Hauserman to the yellow hut about 1km away where hot drinks and the power of the moon await.

Don't hesitate to ask Tim for any skiing tips.

Just \$20. The yurt only holds 20 people, so RSVP to Tim Hauserman at writeonrex@yahoo.com to reserve your spot.

Participants must bring their own yoga and skiing gear, including a yoga mat and any props that are needed, as well as all your skiing gear.