

# Cross Country Ski & Yoga

Paul Smith's College VIC

Wednesdays

11 am – 12:15 pm

Jan. 8 to March 15\*

Yoga is a perfect partner to cross country skiing. A session prior to a ski warms the muscles, joints and lungs. It cultivates awareness and presence as you begin your journey on the trails. If you prefer to ski first, yoga will release tension and ease an exercised body. The ski experience will be better integrated through physical postures and relaxation.

Season Ski Pass &  
8 Sessions of Yoga \$160\*

Day Ski Pass & Yoga Session \$25

Single Yoga Session \$15

\* Yoga sessions may be extended based on participation.

For information and registration:

Paul Smith's College VIC

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