

Sunrise Yoga Hike

Welcome your day with more ease, clarity, focus and peace of mind and body as we experience the sun's rising together, surrounded by the natural beauty of Mount Morris Hill.

When: Saturday, July 1 at Sunrise 5:17 am (meet @ 4:50 am)

Where: Mt. Morris Hills County Park

Parking/Trail access: N3876 Cty. Rd. G, Wild Rose 54984 (entrance to park is just west of Mt Morris town park, at base of hill)

The Hike : Join Cathy Favelle, Owner of CoreQuest Yoga & Spa, in Wautoma, for a sunrise meditation and gentle standing pre-hike yoga sequence for your neck, shoulders, hips and legs. Afterwards, Waushara County Chapter of the Ice Age Trail Alliance's Co-coordinator and outdoor enthusiast, A.J. McCaskey, will lead an optional additional hike, approx. 1.25 miles, down the hill to connect with the Mt Morris Hills County Park Trails that will take you back up the hill to the parking area.

Event Details : This is a FREE, family friendly event of moderate difficulty. All are welcome to attend including your leashed dog. Participants can use this Hike's mileage towards their "Walk-the-Waush" goal. The event will be canceled if inclement weather.

What to Bring: A water bottle, insect repellent, a towel or yoga mat (ground may be damp).

All participants will be eligible for event related door prizes.

We will provide morning snacks and drinks.



Directions : Meet at Mt. Morris Hills County Park, N3876 Cty. Rd. G, Wild Rose at first light, 4:50 am. Proceed up the hill, at top of hill stay to your left, towards the ball diamond. (follow event signs).

Enjoy a Waushara County Sunrise at 5:17 am.

Any ?'s. Please contact *Randy L. Ice Age Alliance 920-787-2333, *Heather P @ 920-787-7037 waushara-county.parks@co.waushara.wi.us or *Jen P. 920-787-5638, public.health@co.waushara.wi.us

