



Sunset Yoga Saturday, May 16, 2015 7 p.m. Rocky Point Overlook

Connect with the beauty around you and see gorgeous views of Lake Mead while doing Yoga poses and light stretching. Please bring water and a Yoga mat.

For practitioners of all levels, the flow will include an opening sequence dedicated to loosening muscle and warming up the body, followed by a series of balancing poses to increase strength and ending with a restorative and meditative session to bring the mind, body and natural environment together.

Rocky Point Overlook is located at exit 33 Hole Overlook, Right Overlook (Mile Marker 9 on Lakeshore Road). Please call Lake Mead Visitor Center at 702-293-8990 to reserve your place.

