Downtown Wichita Extends Sponsorship of Yoga in the Park

WICHITA, Kan., Sept. 8, 2026 – Downtown Wichita is excited to announce that Yoga in the Park is returning to downtown this fall.

Hosted at Chester I. Lewis Reflection Square Park, the free series will take place every Wednesday at noon from Sept. 9 through Oct. 14. Each session will be led by a certified instructor from the Greater Wichita YMCA and is open to participants of all experience levels.

"We're excited to bring Yoga in the Park back downtown this fall," said Heather Schroeder, Executive Director of Downtown Wichita. "The response to our spring series showed just how much people value opportunities to connect, recharge and enjoy our downtown parks."

Participants are encouraged to bring a mat and invite a friend. Space is limited, and advance registration is recommended.

Dates:

- Sept. 9
- Sept. 16
- Sept. 23
- Sept. 30
- Oct. 7
- Oct. 14

Yoga in the Park is made possible through a partnership between Downtown Wichita, the Greater Wichita YMCA and the Kansas College of Osteopathic Medicine.

Downtown Wichita launched Yoga in the Park in spring 2026, offering free weekly classes that encouraged hundreds of participants to experience downtown in a new way while promoting health, wellness and community connection.

###

About Downtown Wichita
Downtown Wichita is a private 501(c)(3) nonprofit corporation that amplifies the energy, capital and growth of downtown by empowering residents, visitors and businesses to explore the possibilities of the city's core. In collaboration with stakeholders, the organization stimulates continued investment and interest in downtown and connects private-sector and local-government resources that allow commerce and culture to thrive. For more information, visit: https://downtownwichita.org/home.