

Downtown Wichita Sponsors Yoga in the Park

WICHITA, Kan., April 1, 2026 – A midweek reset is coming to the city's core as Downtown Wichita launches Yoga in the Park this spring.

Hosted at Chester I. Lewis Reflection Square Park, the free series will take place every Wednesday at noon from April 8 through May 27. Each session will be led by a certified instructor from the Greater Wichita YMCA and is open to participants of all experience levels.

"Events like Yoga in the Park bring energy, wellness and connection into the heart of downtown," said Heather Schroeder of Downtown Wichita. "We love creating opportunities for people to step outside, recharge and experience downtown in a way that supports both personal well-being and community vibrancy."

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

Dates:

- April 8
- April 15
- April 22
- April 29
- May 6
- May 13
- May 20
- May 27

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

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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 resources from the private sector and local government that allow commerce and culture to thrive. For more information visit: https://downtownwichita.org/home.