

Yoga in the Park

Free Community Classes in Downtown Wichita

Step away from the desk and into the park. A midweek reset has returned to the city's core for Downtown Wichita's Yoga in the Park. The rejuvenating, all-levels yoga session is designed to help you de-stress, stretch and reconnect with your community! Whether you're a seasoned yogi or unrolling a mat for the first time, there's a spot for you downtown.

- **When:** Wednesdays, noon to 1 p.m., Sept. 9 to Oct. 28. The 30-min class begins promptly at 12:15 p.m.
- **Where:** Chester I. Lewis Reflection Square Park, 205 E. Douglas Ave.
- **Cost:** Free (Registration Required). Click here to register.
- **What to Bring:** A yoga mat (or a beach towel), a water bottle and a smile.

Why Join Us?

- **Breath of Fresh Air:** Boost your mood and vitamin D levels by practicing yoga outdoors.
- **Community Connection:** Meet your neighbors and strengthen your bond with the downtown Wichita community.
- **Mind-Body Reset:** Lower your stress and increase mental clarity in a supportive, non-judgmental environment.

Ready to Begin?

Please complete the brief registration form below. Downtown Wichita is also conducting a short health and well-being survey at the start and end of the program to help measure the program's impact. Spots are first come, first-served basis, so register today!

Register Here

Know Before You Go

- **Parking:** Paid parking is available along Douglas Avenue, Market Street and Broadway Avenue. If you live or work downtown, just walk on over!
- **Weather:** In the event of rain, Downtown Wichita will notify all registered participants of cancellations via email two hours before class is scheduled to begin.
- **Arrival:** Please arrive a few minutes early to check in and find your spot! The 30-min class will start promptly at 12:15 p.m.

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

Looking for more fun downtown? Check out the Downtown Wichita Events Calendar for upcoming events.