



Rodeo Beach Yoga Hike
coastal views ~ windswept beaches



Stretch your legs with an easy 1.5-mile round-trip hike to practice at the Yoga Plateau at Rodeo Beach in the Marin Headlands. Take in incredible vistas and fresh salt air as we share one hour of all-levels yoga. Afterwards, we'll hike back to the beach, where you can enjoy the rest of your day on the sand.

Duration: Approximately 2 hours

What's included:

- Expert local guide
- 1.5 mile coastal trail hike
- 1 hour of yoga



Muir Beach Yoga Hike
panoramic views ~ yoga on the sand



Enjoy a 4.5-mile hike from Muir Beach through the gardens of Green Gulch Zen Center, culminating in a moderately challenging climb to the top of Coyote Ridge. Soak up exhilarating panoramic views of San Francisco, Mount Tamalpais, and the Pacific Ocean before descending to Muir Beach for a refreshing hour of all-levels yoga on the sand.

Duration: Approximately 3.5 hours

What's included:

- Expert local guide
- 4.5 mile coastal trail hike
- 1 hour of yoga



Urban Yoga Hike: Baker Beach and the Land's End Labyrinth
movement and meditation in San Francisco



Take advantage of San Francisco's astonishing urban hiking with this 3.2-mile hike from Baker Beach to the Lands End Labyrinth and back. We'll take a meditative walk through the labyrinth and finish with yoga on the sand, with unparalleled views of the Golden Gate Bridge and the Marin Headlands. This moderately challenging hike (with some long sections of stairs) crosses Baker Beach, the historic SeaCliff neighborhood, and the beautiful cliffside Lands End Trail.

Duration: Approximately 3.5 hours

What's included:

- Expert local guide
- 3.2 mile urban and trail hike
- 1 hour of beach yoga



Bayside Yoga at Crissy Field
iconic views ~ waterside yoga



You don't have to leave the city to practice with your toes in the sand. Take in expansive views of the Golden Gate Bridge, the Marin Headlands, and Alcatraz Island during an hour of all-levels yoga on the shores of San Francisco Bay.

Duration: 1 hour

What's included:

- 1 hour of waterside yoga



Central Marin Redwood Forest Yoga Hike
peaceful forests ~ local flavor



Find serenity during this 2.5 mile hike deep in the Roy's Redwoods Preserve in central Marin County. After exploring the forest, deepen your experience with an hour of yoga and meditation tucked under towering trees. Afterwards, our expert guide will offer recommendations for exploring nearby funky downtown Fairfax, including shopping, museums, restaurants, and craft breweries.

Duration: Approximately 2 hours

What's included:

- Expert local guide
- 2.5 mile forest hike
- 1 hour of yoga under redwood trees