



Yoga Walks: Frequently Asked Questions

What is a Yoga Walk?

A yoga walk is a way to integrate gentle walking, meditation and yoga poses into a mindfulness practice outdoors. Yoga Walks are an embodied awareness practice immersed in nature.

What benefits can I expect from a Yoga Walk?

The health benefits of both walking and yoga are well documented and ideal for older people. Yoga Walks combine these activities to provide many physical, mental and emotional benefits in just one hour.

The walks are specially planned and designed by a senior yoga teacher, and blend walking with appropriate yoga poses, mindfulness and meditation to support people holistically. The aim is to not only get people physically active, but to also stimulate mindfulness, self-awareness, connection and an appreciation of yourself and the environment. A Yoga Walk supports both the individual and contributes to the growth and strength of the community, creating opportunities for people to meet up with others outside their usual circle. This connection and sense of belonging further contributes to individual health and wellbeing.

What level of fitness and mobility is required?

Yoga Walks are designed to be accessible to all and the teacher will adapt the experience to suit the participants on the day. The walk is about 1.2 km long with many pauses and stops. There are places to sit along the walk.

There are some gentle inclines but plenty of opportunity to rest as needed in the shade will be provided.

A Yoga Walk allows the participant to take their time on their walk, all fitness levels are welcome. If you are concerned about your ability to complete the walk, consult a doctor or specialist first.

Each walk is unique, based on participants experience and ability, along with the season and current weather conditions, with the intention to support individual awareness and greater ease of self-regulation, in relation to inner and outer conditions.

What should I wear?

Comfortable, supportive shoes as well as activewear or clothes you are comfortable moving around in. We also recommend wearing a hat or visor to protect your face from the sun, as well as sunscreen.

What should I bring?

We suggest a small backpack and water bottle.

Where does the Yoga Walk start and finish?

The start and end of the walk is at The Gunyah located at -

[335 Old S Head Rd](#)

[Watsons Bay NSW 2030](#)

Is there parking?

The start of the walk is at The Gunyah where there is a free car park available.

Can I leave the Yoga Walk at any time if I want to?

Yes, you can leave anytime you'd like. Be sure to let one of the facilitators know if you leave the walk early.

Do I have to do everything the facilitators suggest?

No, you are in charge of your own experience. You do not have to do anything that feels unsafe or uncomfortable.

Is a Yoga Walk suitable for seniors?

Yes. The facilitators will invite you to try gentle poses suitable to your body and ability.

How long does the Yoga Walk last?

The Yoga Walk is for 60 mins plus an extra 10 mins at the end, to get back to your car if you park at The Gunyah at the start of the Walk.

Will I have to lie down on the ground?

No, a Yoga Walk involves walking, standing, some standing or seated poses, and sitting on benches.

What if I have an injury?

You might like to check with your doctor first. You can tell the facilitators about your injury so the experience can be adjusted to suit your needs.

When will Yoga Walks be taking place? How many people are on the walk?

There is a yoga walk each month until June 2024. Each walk will include a maximum of 10 participants and 2 teachers.

