

Sankalp Yoga



MEETS AT VISITOR CENTER

What better setting for a morning workout than Cheyenne Mountain State Park.

Join certified yoga instructor Sudhanshu Semwal for Yoga in the Park!

- Every Monday, Wednesday and Saturday from 9:00am to 10:15am
- Beginners Welcome
- Donations Appreciated
- Participants must have valid parks pass
- Dates, times, and locations are subject to change
- Call 719-576-2016 for the most up-to-date info
- Or Sign up for the weekly email reminder

