

# Woodland Therapy Yoga Hike

at Deer Creek Hills Preserve



Join Sacramento Valley Conservancy Docents on a 3-4 mile hike, receiving oak woodland and grassland therapy while practicing easy, outdoor yoga!

Hikes are on select Saturdays and Sundays, February - May

**Learn more and register at:**  
[www.sacvalleyconservancy.org](http://www.sacvalleyconservancy.org)

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