

## CRAVING CARDIO?

GO ON A 2.7 MILE RUN AND YOU'VE GONE BACK AND FORTH ACROSS

ALL 69 ROWS AT RED ROCKS - ALL THE WAY TO THE TOP! CLIMB 145

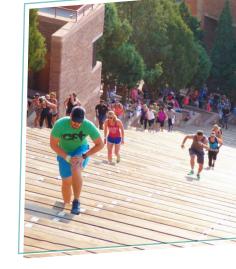
SETS OF STAIRS TO RECREATE THE HIKE FROM THE STAGE TO THE TOP

OF THE AMPHITHEATER, OR 194 SETS TO MAKE THE JOURNEY FROM

THE TRADING POST VISITOR CENTER UP TO THE STAGE.



FOR MORE MILE-HIGH WELLNESS TIPS, HEAD TO RETREATFROMTHECONVENTIONAL.COM



**Yoga on the Rocks** is a summertime staple at the amphitheater. Check for online classes from your favorite local yoga studio, or head to YouTube to stream some free sessions. Then roll out your mat and pretend you're saluting the sun from the infamous red sandstone monoliths.

