

# Essential Eligibility Criteria

## Delnor-Wiggins Pass State Park **Sunset Yoga on the Beach**

In order to participate in this program, one:

- Must have the ability to follow visual and/or verbal instructions independently or with the assistance of a companion.
- Must be able to traverse 100' of boardwalk from the parking lot to the beach and then 30' of soft sand independently or with the aid of a beach wheelchair or an assistant.
- Must have the ability to withstand exposure to the outdoors for a period of approximately 1 hour.
- Must have the ability to sit/stand on a mat/towel on a sandy surface and perform gentle yoga stretching exercises independently or with the aid of a companion.
- Must have the ability to recognize personal limitations and perform only the levels of yoga stretching exercises that are within those limits.
- Must have the ability to authorize a liability waiver before participating in the yoga session.



**FLORIDA**  
**State Parks**  
*...the Real Florida*<sup>SM</sup>

