



Yoga in Denali



Dates

June 22-24, 2026



Difficulty

Level 4



Elevation Gain

Up to 1500 feet



Hiking Distance

Up to 5 miles per day

Course Description

The Sanskrit term yuj, from which the word yoga is derived, is usually translated as “union” or “linking.” This joining of inner and outer is the focus of Yoga in Denali: Land & Body. The grand landscape of Denali invites the soul to remember the most cherished relationships and “links” in life. Through breathing practices, sequences of asanas (physical postures), and meditation in nature, you can build a deeper understanding and connection to Denali. Join Mila Cooper, a yoga teacher with over 15 years of experience, in being humbled by the environment and strengthened in body and spirit through yoga practice. Come away inspired to incorporate stewardship of natural places into your daily life and practice. This course is appropriate for all experience levels.

Difficulty Level 4

You must be physically prepared to hike off-trail up to 5 miles each day, at a comfortable pace, with climbs up to 1500 feet. Expect uneven footing, wet boggy tundra, dense undergrowth, loose rocks, and stream crossings less than knee height. Good coordination is recommended.

Times and Location

Participants meet at the Murie Science and Learning Center, located at mile 1 of the Denali Park Road. Check-in starts at 6:00pm on Monday. The course begins at 6:30pm and will return to the park entrance area around 4pm on Wednesday.

Lodging and Meals

This course is based out of the Murie Science and Learning Center Field Camp, located 29 miles inside Denali National Park along the Teklanika River. The Field Camp includes rustic cabins and outhouses. Meals are simple and healthy.

Professional Development Credit

The University of Alaska Anchorage (UAA) offers one professional development credit (level 500) for an additional \$79 fee. You must register for the credit directly with UAA. Please see our website for registration directions.

Questions? Email courses@akgeo.org or call 907-771-8485