

Fall 2015

# FREE AS **YOU** ARE RELAXATION CLASSES

Relax, Move, De-Stress

## YOGA AS YOU ARE

September 14 - December 7 | Mondays 12:10 - 12:50

Women's Center, 107 Hanna Hall

Take a short stress relieving break and participate in this free gentle yoga class. This low-impact class includes gentle stretches, balance and breathing as well as movements designed to increase range of motion in joints and relieve tension. Lastly, enjoy 5 minutes of Mindful Meditation at the end of each class. Come as you are--all that's needed is a yoga mat or a towel. Registration is not required.

\*Sessions are facilitated by **Caroline Dawson**, Certified Mindfulness and Yoga Instructor with over 18 years of Yoga and meditation experience



## FACULTY/STAFF TAI CHI

September 16 - December 9 | Wednesdays 12:10 - 12:50

Bowen-Thompson Student Union, Room 314

**Exceptions:** No class on September 30, November 11, and November 25

Class on 10/21 is in BTSU Room 318

Class on 12/2 is in BTSU Room 316

Take a short break and enjoy this graceful form of moving meditation and gentle physical exercise. No special attire, equipment, or previous experience is needed. This low-impact and stress relieving class helps to improve muscle strength, flexibility, and balance.

\*Sessions are facilitated by **David Cunningham**, Certified Specialist in Martial Arts Conditioning



### For More Information:

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DIVISION OF STUDENT AFFAIRS  
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and Wellness

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