

YOGA

TUES AND THURS
5:30PM-6:30PM

(PLEASE ARRIVE BY 5:20PM AS PRACTICE WILL
BEGIN PROMPTLY AT 5:30PM)

SUB Room 217



TUES

9/2

9/9

9/16

9/23

9/30

10/7

10/14

10/21

10/28

11/11

11/18

12/2

LEARN & EXPERIENCE:

ASANA (POSTURE)

PRANAYAMA (BREATHING PRACTICE)

YOGA NIDRA (DEEP RELAXATION)

MEDITATION

PLEASE BRING:

COMFORTABLE CLOTHING

YOGA MAT (MAT/PROPS CAN BE PROVIDED)

YOGIC CONCEPTS AND THEIR APPLICATION TO
MODERN DAILY LIFE, ESPECIALLY REGARDING STRESS
MANAGEMENT, MAY ALSO BE DISCUSSED DEPENDING
ON PARTICIPANT REQUEST/QUESTIONS.

THURS

9/4

9/11

9/18

9/25

10/2

10/9

10/16

10/23

10/30

11/06

11/13

11/20

12/4

