

DOWHATMOVESU

# GRADUATE STUDENT YOGA

## YOGA, MEDITATION & MAKING CONNECTIONS



Enjoy being with other graduate students and participating in the practice of yoga and meditation.



The practice of yoga is great for muscular strength, stress relief, flexibility, and overall wellbeing.



➤ From January 24 – April 24, Wednesdays, 5:00–6:00pm

(No class on 3/13)

\*please note that class on 2/21 will be held at the College Ave Gym Dance Studio.

➤ Graduate Student Lounge

126 College Avenue (behind Panera on College Ave)



### Note From The Instructor:

Hello everyone! I'm Kate, a second year PhD student in the Classics Department. I joined RU Recreation last spring. I teach yoga, core yoga and RU Strength. I look forward to seeing you in class.

*Mats will be provided. Class is free and drop-in. No registration required.*

**ALL FITNESS LEVELS WELCOME, ESPECIALLY FIRST-TIMERS!**

This event is sponsored by Rutgers Recreation and is part of the Graduate Student Lounge Event Series.