

DO WHAT MOVES U

# EVERY NOW AND ZEN

## 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 September 21<sup>st</sup> – November 16<sup>th</sup>  
Thursdays, 5:30–6:30pm

➤ Graduate Student Lounge,  
126 College Avenue, College Ave Campus  
\*located behind Panera



### Note From The Instructor:

Hello everyone!  
I'm a second year PhD student in the Classics Department. I joined RU Recreation last spring and taught Core Yoga! This year I'll be teaching RU Strength and yoga for grad students for Rutgers Recreation. I look forward to seeing you on your mat!

*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.