

UWRF Student Health and Counseling Services



Weekly Wellness Events

2009-2010

Monday:

12-1:00pm Tai Chi (Falcon's Nest)

Slow meditative physical exercise designed for relaxation and to help you improve your balance and health

4:00-5:00pm Yoga (UC Ballroom)

Relax, develop core strength and learn basic yoga poses. No previous yoga experience necessary! Bring a mat or towel and a water bottle.

FREE - No need to register

Tuesday:

4:00-4:30pm

Weekly Relaxation Practice (Wind River Room, UC)

Learn basic techniques to help you relax, unwind and focus

Wednesday:

1:00-1:45pm Yoga (UC Ballroom)

Bring a mat or towel and water bottle

Thursday:

12:30-1:30pm

Zumba (Falcon's Nest)

Dance your way to a fitter you. This class combines Latin dance moves to create a fun and energizing workout.

Starts
Sept. 24th

By Appointment: On-Campus Massages

Schedule online:

www.lorisdayspa.com or
Student Health & Counseling websites

Location: 211 Hagestad Hall

Reduced Rates for Students, Faculty & Staff:

15min (Chair Massage)...\$10
30min.....\$25
60min.....\$45

For more information

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