UWRF Student Health and Counseling Services Present

**Free Weekly Wellness Events**

For Students, Faculty, and Staff

**Spring 2014**

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**Mondays**

**Advanced Tai Chi**

Location: Karges Dance Studio

For individuals who have done Tai Chi in the past and are ready for the next level

**12:00 - 12:50 p.m.**

**2/3/14 - 5/5/14**

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**Mixed Level Yoga**

Location: Falcon’s Nest, UC

No previous yoga experience necessary, this class offers balance of flowing between poses and holding them to build strength

**3:30 - 4:15 p.m.**

**2/3/14 - 4/28/14**

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**Tuesdays**

**Flow Yoga**

Location: Falcon’s Nest, UC

Alignment principles, gentle breathing, and basic poses will be taught at a slower pace for all levels of student.

**4:00 - 5:00 p.m.**

**2/4/14 - 4/29/14**

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**Wednesdays**

**Yoga Nidra**

Location: Hagestad Meditation Room

(Located around the corner from DoTS)

Yoga Nidra is a yogic meditation practice without movement, it includes a body scan, breath work, and guided imagery, bring a mat, pillow, or blanket for comfort

**3:30 - 4:15 p.m.**

**2/19/14 - 3/12/14**

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**Flow Yoga**

Location: Falcon’s Nest, UC

Alignment principles, gentle breathing, and basic poses will be taught at a slower pace for all levels of student.

**4:00 - 5:00 p.m.**

**2/4/14 - 4/29/14**

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**Wednesdays**

**Beginner Tai Chi**

Location: Karges Dance Studio

Learn to use slow, meditative movements for this relaxation and body awareness

**12:00 - 12:50 p.m.**

**2/5/14 - 5/7/14**

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**Lunchtime Yoga**

Location: Hagestad Meditation Room

(Located around the corner from DoTS)

This yoga class involves moving through poses and linking movements with the breath to build endurance strength, and flexibility, while calming the mind

**12:00 - 1:00 p.m.**

**2/5/14 - 4/30/14**

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For more information or accommodations contact Student Health and Counseling at: 715-425-3293 or jennifer.elsesser@uwrf.edu

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