Sports, Recreation & Fitness

Fall 2024

NEW! ¡ë%Ž}¡‹k ¡ë%ŽÉ %¡}} w±¡6½¡ ¡%‹

The class blends curiosity around your mindset and gentle awareness of your thoughts, feelings and emotions, all mixed up in guided movement to bring you into the present moment. Combining awareness with movement brings a sense of freedom to your inner chatter and nonstop looping inside your head. Come, feel, be.

Bring a yoga mat, water and a journal. Wear comfortable clothes that allow you to move and sit on the oor. ‘¡ÊÁ6mŽj±¡ë%Ž}¡‹

Oct. 2-Nov. 20