

Sep. 20: Outdoor Yoga & Meditation for Stress Relief



Thursday, September 20, 2018 - 5:00pm to 6:00pm
New Haven , CT

Join us this fall for a series of outdoor yoga and meditation sessions in the McDougal Center Courtyard on Prospect Street. Start your semester off right with an hour of relaxation and stress relief under the sun! These sessions will be led by the amazing Tracy George, the Director of Yale Well Initiative. This event is BYOM (bring your own mat), or you can simply practice on the grass and embrace being outside. This is a series, but please register for each session individually. Beginners are welcome and no experience is required. You must be 18+ to attend. NOTE: In case of rain, the events will be held at the OISS, but you will be notified of that change on the day of the program.

Audience: Students

Scholars

Families

Departments

Source URL: <https://oiss.yale.edu/calendar/events/sep-20-outdoor-yoga-meditation-for-stress-relief>
