

Summer Yoga Series



Tuesday, August 4, 2020 - 9:30am to 10:30am
New Haven , CT

Join us for our last installment of our virtual yoga series for an hour of unwinding, resetting, and connecting with our wonderful yoga instructor, Wendy Lau.

Wendy is a member of our International Spouses and Partners at Yale community and is graciously offering these sessions to our entire international community free of charge.

This class is aimed at beginners, but all are welcome! Some optional props you may want to have with you for the class include a yoga mat, yoga blocks (you can also use a cushion or blanket), a yoga strap (or a long towel, scarf, t-shirt), and some water. We will begin with introductions followed by 45-50 minutes of practice, and close with time for questions. We hope to see you there!

Wendy found yoga in 2013 to help with back pain and she has been practicing regularly since then. It was not love at first sight, but she has gradually learned to embrace who she is through yoga and has fallen in love along the way. Now, she is a passionate yoga practitioner who has several qualifications including RYT 200, Aerial Yoga, and Yoga Wheel.

Please register to receive the Zoom instructions to join the event.

[Register Here](#) [1]

Audience: Students

Scholars

Families

Departments

Source URL: <https://oiss.yale.edu/calendar/events/summer-yoga-series-1>

Links

[1] <https://yale.campusgroups.com/OISS/rsvp?id=720426>