

Winter Wellness: Yoga & Meditation 4



Wednesday, February 28, 2018 - 5:30pm to 6:30pm

This winter, don't let the weather keep you at home! Join us at the OISS for four indoor yoga and meditation sessions, complete with coffee and tea to warm you up before the workout. This series will be led by the amazing Tracy George, a Yale Health Educator, who also runs the Koru Mindfulness series across campus. This event is BYOM (bring your own mat), or you can simply practice on the carpet. The sessions are free and open to the Yale community, but you must register in advance as space is limited!

Audience: Students

Scholars

Families

Departments

Source URL: <https://oiss.yale.edu/calendar/events/winter-wellness-yoga-meditation-4>