GENTLE LUNCHTIME YOGA

12:10-1pm • Vanderhoef Studio • 2/27 • 3/6 • 3/13 • 3/21 • 3/26

WITH INSTRUCTORS KIA MEAUX AND TINA PERRY

This 4-part, relaxing yoga series caters to all abilities, with a focus on breathing, stretches and poses.

Learn more about improving your well-being through movement.

Space limited! SIGN UP
surveymonkey.com/r/gentleyogaW18

Please wear comfortable clothing and bring your own yoga mat, blanket or towel!

Questions?
(530)752-6051
wellbeing@ucdavis.edu