GENTLE LUNCHEON TIME YOGA

12:10 - 1pm • Vanderhoef Studio • 5/22 • 5/29 • 6/5 • 6/12

WITH INSTRUCTOR KIA MEAUX

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/gentleyogaS18

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

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