GENTLE LUNCHTIME YOGA

12:10 - 1pm • Vanderhoef Studio • 8/30 • 9/6 • 9/13 • 9/20

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/gentleyogafall18

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

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