YOU BELONG.
YOGA

MONDAY
9.30-10.30AM - MINDFUL FLOW with Michelle in GCASL 472
7.00-8.15PM - MINDFULNESS BASED VINYASA with Hunt in GCASL 461

TUESDAY
9.30-10.30AM - AWAKE + FLOW with Brian in GCASL 472
5.30-6.30PM - YOGA FROM THE GROUND UP with Amy in GCASL 475

WEDNESDAY
9.30-10.30AM - MINDFUL FLOW with Michelle in GCASL 472
5.30-6.30PM - BEYOND THE BASICS with Emily in GCASL 475
5.30-6.30PM - STAY WOKE* + MOVE with Amanda in GCASL 461 (This space centers students of color) *Co-sponsored by CMEP

THURSDAY
9.30-10.30AM - GUTSY n’ GRITTY FLOW with Brian in GCASL 472
5.30-6.30PM - SLOW FLOW with Tina in GCASL 475
5.30-6.30PM - QUEER YOGA* with Jackson in GCASL 461 (This space centers LGBTQ+ students) *Co-sponsored by the LGBTQ+ Center

FRIDAY
9.30-10.30AM - BECOMING ONE YOGA with Marni in GCASL 472
12.30-1.30PM - ENERGETIC VINYASA FLOW with Ellie in GCASL 475

SATURDAY
12.00-1.15PM - POWER UP YOGA with Ric in GCASL 461
1.30-2.15PM - POWER DOWN YOGA with Ric in GCASL 461

MEDITATION

MONDAY
6.00-7.00PM - AUTHENTIC & AWAKE MEDITATION (All LEVELS) with Qalvy in GCASL 475
7.00-8.00PM - STAY WOKE* AND MEDITATE with Kendra in GCASL 475 (This space centers students of color) *Co-sponsored by CMEP

TUESDAY
7.00-8.00PM - SIT & BREATHE with Doyeon in GCASL 475

WEDNESDAY
5.00-6.00PM - OUTBREATH MEDITATION* in KIMMEL 602 (This space centers LGBTQ+ students) *Co-sponsored by the LGBTQ+ Center
7.00-8.00PM - MEDITATION FOR THE CURIOUS BEGINNER with Jess in GCASL 475

THURSDAY
7.00-8.00PM - GENERATION MEDITATION in GCASL 475 (Peer-led meditation)

GCASL:
238 THOMPSON ST
4TH FLOOR

For full description of each class, please go to bit.ly/mindfulnyu