



**FAC/STAFF WELLNESS YOGA NIDRA**

FREE, WALK IN SESSIONS

MARK YOUR CALENDAR

BRING A PILLOW AND BLANKET TO WORK DAYS!

DATE	TIME	LOCATION
Monday, Jan 25	12:15-1 pm	KU 331
Monday, Feb 15	12:15-1 pm	KU 222
Wednesday, Feb 24	12:15-1 pm	KU 310
Wednesday, March 2	12:15-1 pm	KU 310
Monday, March 14	12:15-1 pm	KU 310
Wednesday, April 6	12:15-1 pm	KU 310
Monday, April 18	12:15-1 pm	KU 310
Wednesday, April 27	12:15-1 pm	KU 310

\*For Health Activity Tracker - You must attend at least 3 sessions to request 10 points under mind/body for your health activity tracker. (And, you can request 10 points for every 3 sessions; max of 2 request per year under mind/body category)

**FAC/STAFF WELLNESS HEARTFULNESS RELAXATION AND MEDITATION**

FREE, WALK IN SESSIONS

DATE	TIME	LOCATION
Every Thursday from Jan 28 to April 28	11:15-12 pm	FITZ Room 638

\*For Health Activity Tracker - You must attend at least 3 sessions to request 10 points under mind/body for your health activity tracker. (And, you can request 10 points for every 3 sessions; max of 2 request per year under mind/body category)