



# CHAIR YOGA

NOV. 18 | 11:30 AM – 1:00 PM | KU 222

Audience: administrative staff

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This session is perfect for those wanting a quick way to stretch your body and relieve tension while at work. Prolonged work on the computer strains many muscles, including the neck, shoulder and back muscles, which leads to tension and stiffness. Chair/Office yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Chair yoga is a great practice for everyone, as it deepens flexibility and strengthens personal body awareness. This session will also include linking breath with movement and a guided meditation to relax and revitalize the mind and body.

## PERFORMANCE OBJECTIVES

### Helps staff:

- Understand ways to relax and revitalize your mind and body.
- Increase knowledge on how to best practice chair yoga while at work.

## COMPETENCIES DEVELOPED

UD: Personal Character - Builds Relationships and Community;  
Communicates with Skill and Candor

NASPA/ACPA: Human and Organizational Resources

Marianist Administration: Organizational Assets - Networking

## REGISTRATION

Register at the division's staff page on [OrgSync](#)

## ROBIN OLDFIELD



Robin Oldfield is the Chief Risk Officer and Executive Director at the University of Dayton's Environmental Health and Safety/Risk Management office. Robin has been practicing yoga for over 30 years and has completed a multitude of yoga training programs. Her classes combine compassion, wisdom and humor; blending asana, pranayama, and mindfulness techniques. Robin teaches from the heart and strives to make yoga accessible to everyone. You are sure to walk away from Robin's training with new techniques to help you de-stress and take care of your body.

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