

Starts
April 5th



Randall Lewis Center for
Well-Being and Research
University of La Verne

APRIL CLASS SCHEDULE

MONDAY

Meditation 12:00 - 12:30p

Total Body Circuit 1:15 - 1:45p

Yoga 6:00 - 7:00p

TUESDAY

Student Guided Meditation
2:30 - 2:50p

"Wind-Down" Yoga 8:00-8:30p

WEDNESDAY

Yoga 9:00 - 10:00a

Breath Work 12:00 - 12:30p

Pilates 12:30 - 1:00p

Total Body Circuit 1:15 - 1:45p

"Wind Down" Yoga 8:00-8:30p

THURSDAY

Student Guided Meditation
2:30 - 2:50p

FRIDAY

Meditation 11:00 - 11:45a

Yoga 12:00 - 1:00p

SATURDAY

Meditation 10:30 - 11:30a

Drop-in classes are free for all current ULV students, faculty & staff

Access these classes by registering on campus labs or go to

<http://tiny.cc/lewiscenter>

**Attend any of these events and enter our #stigmafreeulv raffle.
Enter the raffle here: <https://tinyurl.com/StigmaFreeULVRaffle>**