

SEPT. CLASS SCHEDULE

MONDAY

Core & More 12:30 - 1:00pm
@Lewis Center Studio

Mindfulness & Meditation
11:30 - 12:00pm (1st & 3rd Mon.)
Virtual

Yoga Flow 5:00 - 5:30pm
@Lewis Center Studio

TUESDAY

**Self-Compassion
Practices/Meditation**

4:00 - 4:30pm
Virtual and @ Yoga/Quiet Room,
1st Floor Ludwick Center
(starts Sept 21st)

WEDNESDAY

Breath Work 12:00 - 12:30p
Virtual & @ Yoga/Quiet Room, 1st Floor
Ludwick Center (starts Sept 22nd)

Flow & Recover 12:30pm - 1:00pm
@Lewis Center Studio

Wind Down Yoga 7:30-8:00pm
Virtual

THURSDAY

Meditation

12:05 - 12:35
Virtual and @ Yoga/Quiet Room,
1st Floor Ludwick Center
(starts Sept 16th)

FRIDAY

Lunchtime Meditation
12:30-12:50pm
Virtual

SATURDAY

Mindfulness Meditation
10:30 - 11:00am
(1st & 3rd Sat - begins Sept 18)
Virtual

- **Classes are free for all current ULV students, faculty & staff**
- **In-person classes at Lewis Center are limited to first 10 participants registered through Campus Labs**

Please pre-register for these classes on campus labs, go to
<http://tiny.cc/lewiscenter>
or use the QR code on the right

