

HEALTHY U

YOGA AT LUNCH – PILOT PROGRAM

Location – POLSKY BUILDING –Room 313

Time – 11:00 to 11:45 a.m., Thursdays 3/29, 4/5, 4/12, and 4/19

Equipment - Comfortable exercise appropriate clothing. Bring your own mat.

Cost - \$1 or can of food for donation for the Haven of Rest.

Due to space limitations, please sign up for the class at

<https://www.uakron.edu/seminars/>.

"Measurement of our success will include...cultural, social and athletic events contributing to a vibrant community." Vision 2020, Strategic Pathway: Campus and Community Enhancement and Engagement



Talent Development and Human Resources

The
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Use exercise, breathing and meditation
to develop better strength, flexibility and
well-being.

Participation in any and all activities within this facility and/or sponsored by The University of Akron is voluntary. All participants understand and agree that use of this facility and/or participation in an activity sponsored by the University is at their own risk and that the University is not responsible for any incidents, injuries or loss of property that may occur.