



*Sunset yoga at the University Of Tampa*

*Serenity at Sundown: University of Tampa*

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TAMPA, FL — A calm sense of peace flows over people gathering on the grass as the sun sinks below the horizon, throwing a warm, golden glow over the lovely University of Tampa campus. They have come for Sunset Yoga at the University of Tampa, a valued ritual that combines physical training and mindfulness.

Sunset Yoga has grown in popularity among Tampa locals and among students. It is hosted on the campus lawn with the scene of the Hillsborough River in the background. This weekly program offers students a unique opportunity to unwind, recharge, and connect with their inner selves in the midst of a stunning Florida sunset.

The Wellness Center of the university and the Student Government Association collaborated to create Sunset Yoga. It was designed to develop a sense of community among students and local residents while promoting physical and mental well-being. Sunset Yoga was started and has since become a mainstay of the university's wellness programs.

Every Thursday night, this weekly session is free and available to everyone, regardless of yoga experience. Participants will have the chance to get away from the daily grind and discover inner peace right in the middle of the city.

Avia Kaarby, a freshmen, shared her experience of Sunset Yoga: “I love coming out here during the sunset and enjoying the beautiful campus, it really clears my mind after being in classes all day long.”

Participants congregate on the university grounds as golden hour draws near. In contrast to the beautiful green grass, they spread out their yoga mats or towels, creating a sea of colors. As people get ready for the yoga session outside under the open sky, there is a tangible sense of expectancy in the air.

With an emphasis on relaxation and mindfulness, Sunset Yoga instructors lead participants through a series of yoga poses appropriate for all experience levels. The program includes breathing exercises, gentle stretches, and meditation techniques to help participants relax and uncover their inner quiet.

“I am an allied health major,” says Triana Newberg, “so yoga really helps clear my mind after being so stressed throughout a day of exams. Being by the river makes it 10X better. If I had time to come out every week I would because this makes me feel so much better.” She also says “This is my first time coming to this event, I have been wanting to try it out but have been scared to go alone, but everyone is so nice and so friendly.

Beyond the health advantages of the practice's physical and mental aspects, Sunset Yoga has other advantageous impacts. Additionally, it promotes a sense of belonging and harmony among the participants. Numerous guests bring friends or family, and many strangers strike up talks and form new friendships while sharing the event.

A junior Lexi Ponesse says “I have been coming to sunset yoga since last year, it really helps me clear my mind and just be at peace.”

Events like Sunset Yoga provide an opportunity to pause, think, and re-establish a connection with the present moment in a world that is frequently characterized by continual motion and digital distractions. It serves as evidence of the University of Tampa's dedication to promoting the overall wellness of its students.

Sunset Yoga provides a much-needed break from the hectic pace of college life and the rigors of everyday obligations. Participants describe it as a peaceful experience that gave them a chance to disconnect from the pressures of modern life and reconnect with themselves.

This weekly tradition is accompanied by the sound of the river running, the soft rustle of leaves, and the changing hues of the sky. The sky is painted with brilliant shades of orange, pink, and purple as the sun sets, creating an amazing natural display that goes well with yoga.

Sunset Yoga is a wellness gift for the entire city of Tampa, not just the academic community. It exudes the sense of harmony and mindfulness and invites everyone to adopt a more wholesome, tranquil way of life. This occasion exemplifies the University of Tampa's dedication to the general welfare of its students and the larger community as well as to academic performance.

Everyone is welcome to experience the charm of a quiet evening by the river at Sunset Yoga at the University of Tampa, regardless of their level of yoga expertise or desire to try it for the first time. The fact that the sun is setting on another day serves as a reminder that sometimes life's most beautiful moments occur when we stop, breathe, and appreciate its simpler pleasures.

A beloved tradition, Sunset Yoga at the University of Tampa is a weekly encounter with peace, balance, and the spectacular beauty of nature in the heart of Tampa. It serves as a reminder that despite the chaos of our daily lives, there are always opportunities for peace and harmony just waiting for us to take advantage of them.