



CONTEMPLATIVE SCIENCES CENTER

UNIVERSITY of VIRGINIA

ASHTANGA YOGA

Co-sponsored by CSC and IM-REC

Mysore Ashtanga Yoga

Mon-Fri 6:30 - 9:30am

*Friday Led class 7:30 - 9:30am

Sun 10:00am - 12:00pm

North Grounds Recreation Center

Intro. to Mysore

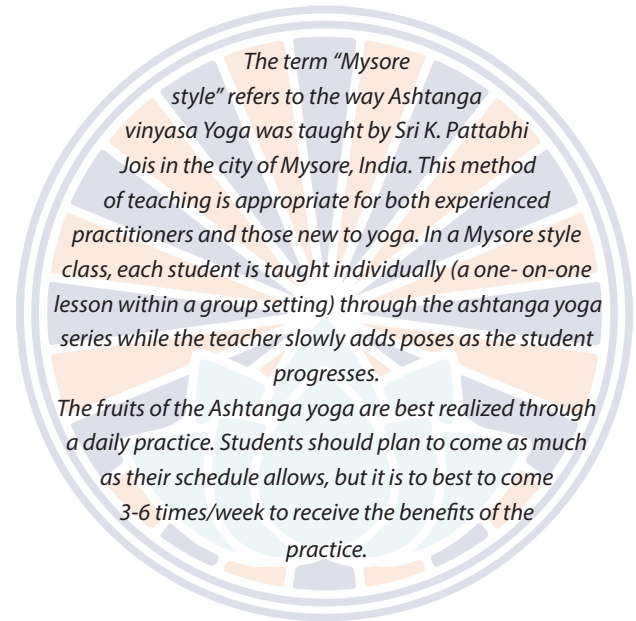
Mon-Thurs 8:30 - 9:30am

North Grounds Recreation Center

Ashtanga Yoga

Tues and Thurs 6:45 - 7:45pm

North Grounds Recreation Center



ashtanga yoga
UVA

WEEKLY DROP-IN SESSIONS

Offered by the Compassionate Care Initiative

Begins August 31, 2015

MONDAYS

Meditation | 12:15 - 12:45pm

McLeod Hall 2025

Led by Susan Bauer-Wu, Julie Connelly, and Michael Swanberg

TUESDAYS

Yoga | 12:00 - 1:00pm

McLeod Hall 2010

Led by Dorothe Bach

Mindfulness Meditation | 5:30 - 6:30pm

McLeod Hall 2025

Led by Sam Green

WEDNESDAYS

Meditation | 6:00 - 7:00am

McLeod Hall 2025

Led by Jonathan Bartels

THURSDAYS

T'ai Chi | 5:00 - 6:00pm

McLeod Hall 2010

Led by Hiromi Johnson

FRIDAYS

Flourishing Fridays | 12:00 - 1:00pm

McLeod Hall 2010

Various speakers and topics

MYSORE YOGA WORKSHOPS

To register, visit the IM-REC Sports website

Instructor: Zoe Ward

Intro. to Mysore Workshop at AFC

Sept. 1 - Oct. 8

Tues and Thurs 4:15 - 5:15pm

Intro. to Mysore Workshop at McLeod

Aug. 31 - Oct. 8

Mon-Thurs 7:00 - 8:00am

R&R TRIATHLON (RUNNING, YOGA, MEDITATION)

Offered by IM-REC and CSC

To register, visit the IM-REC Sports website

Sept. 11 - Oct. 9

Fridays, 3:00 - 4:30pm

Location: AFC MP1

Instructor: Leslie Hubbard

Get your weekend off to a great start by experiencing the revolution in mind/body fitness in this innovative triathlon that brings together 45 minutes of outdoor running/walking with 45 minutes of indoor gentle stretching and relaxation to create an invigorating, harmonizing, joyful, and peaceful workout experience. Join us for 4 weeks of sweat, laughs, and fun as we invigorate, strengthen and balance our bodies and minds. Open to all fitness levels and abilities.

MEDITATION SESSIONS

Weekly Meditation Sessions

Offered by CSC

Tues - Thurs, 4:00 - 4:30pm

Location: Bavaro 306

Meditation will be led by a CSC staff or volunteer and is open to the community.

Introduction to Meditation Workshop

Offered by IM-REC and CSC

Sept. 21 - Oct. 19 | Mon 4:15 - 5:15

Location: AFC MP1

Instructor: Leslie Hubbard

YOGA AND MEDITATION CLASS

Tues and Thurs, 5:30 - 6:30pm

Location: AFC MP1

Instructor: Leslie Hubbard

Combining breath with movement in a steady and invigorating sequence of poses (asanas) this class blends elements of vinyasa flow yoga with meditation and breathing exercises (pranayama). Classes will begin and end with a short meditation and emphasis will be on staying present in the body, breath and mind throughout the class in a dynamic series of poses (asanas). Options are offered for poses to support each student in working with a level of challenge that best meets their needs.