

UW-W Employee Wellness Fair 2024 Chair Yoga

April 9th | 10:00am - 1:00pm | UC261

What to Expect

Begin a journey of well-being as you are guided through a series of simple yet rejuvenating stretches that targets key muscle groups. Take a few minutes to focus on breath and movement and momentarily detach from the hustle and bustle of your daily work. In our busy lives, finding time for self-care can be challenging, these sessions will demonstrate that incorporating beneficial self-care practices do not require significant costs or time commitments.

What do I need to bring?

Nothing! Chairs will be provided, so just show up and get ready to unwind and stretch!

Schedule

Join a 15 minute session, starting at 10, 10:30, 11, 11:30, 12, and 12:30 in UC 261

What if I am wearing work clothes?

No worries, the stretches will be simple enough to perform even in business attire

Any Questions?

Please contact
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