



## YOGA FOUNDATIONS CLASS: JOURNEY INTO POWER

**FREE FOR FACULTY AND STAFF!**

**Sculpt, tone, and release the muscles of your body and mind.**

This free class focuses on the fundamentals of power yoga—specifically, strength, breath, and self-inquiry. Bring more calm, ease, and presence into your life through this unique fitness-based approach to vinyasa-style yoga.

Taught by Wellness Champion and certified yoga instructor, Laura Mikols, trained in Baptiste Methodology™. New and experienced yogis welcome! No registration required.

**Tuesdays, June 7–28**

12:15–12:45 p.m.

South Campus, Skybarn

Visit [wellness.syr.edu/yoga](https://wellness.syr.edu/yoga) for more details.

### Join us!

June 7, 14, 21, and 28, 12:15–12:45 p.m.  
South Campus, Skybarn

### Please bring:

Yoga mat, water, and a hand towel

### Stay up to date!

Get information about the latest wellness events and programs. Subscribe to our email list at [wellness.syr.edu](https://wellness.syr.edu).

### Questions?

Email [wellness@syr.edu](mailto:wellness@syr.edu) or **315.443.5472**.

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[wellness.syr.edu](https://wellness.syr.edu)

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