



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! Join us for any or all of the classes. No registration required.

Tuesdays and Thursdays, July 7, 12, 14, 26, 28
12:15–12:45 p.m.
Women's Building, Gym B

Visit wellness.syr.edu/yoga for more details.

Brought to you by the Syracuse University Wellness Initiative.

wellness.syr.edu

Join us!

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12:15–12:45 p.m.
Women's Building, Gym B

Please bring:

Yoga mat, water, and a hand towel

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Questions?

Email wellness@syr.edu or **315.443.5472**.

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