

Spring Semester 2015

FREE Student Wellness classes

- 707 Building, Suite 130
- Come to one class or come to them all
- Classes continue through April 30th

Yoga

*Back this semester by popular demand!
Classes are limited to the first 25, so come early
to get your mat.*

Mondays 5-6 pm (gentle yoga class)

Tuesdays 6-7pm (Level 1 & 2 Flow)

Wednesdays 4:30-5:30 pm

Thursdays 7-8 am

Thursdays 5:30-6:30pm (Level 1 & 2 Flow)



Stress Busters

Explore a variety of relaxation techniques to help you combat the stress of everyday student life. No experience required! You will leave each class with a new tool: seated meditation, mindfulness, breath awareness, body scans, yoga nidra, walking meditation, mindfulness, Thai bodywork/massage, metta meditation...

Thursdays 4:30-5:30 pm

Offered for your health by:



WELLNESS: Website: <http://www.marquette.edu/wellness/students/>

CLINIC: Phone: 414.288.7184 Website: <http://www.marquette.edu/medical-clinic/>