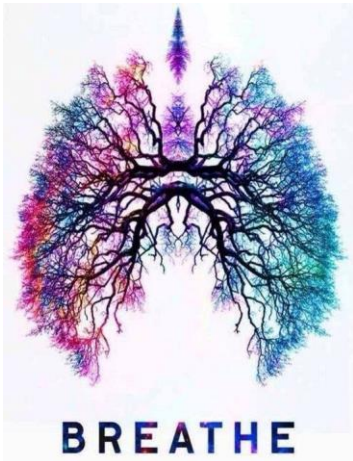


mindful

YOGA

Yoga is an ancient movement meditation practice that can assist in developing mindfulness skills, a feeling of calm and more control over your emotions and reactions. It is a powerful tool that can assist in improving focus and thinking more clearly.



Who is this class for?

Any student or staff at Flinders University who would like to practice a gentle style of movement meditation. It is suitable for people of all ages, physical abilities and fitness levels. There is a specific focus on experiential practice of mindfulness skills, relaxation skills and gentle movements, suitable for stress management.

Every Tuesday during term times

Between 12noon-1pm at OASIS

Free | Drop in class | Mats supplied



To register your interest
or for more info:
oasis@flinders.edu.au