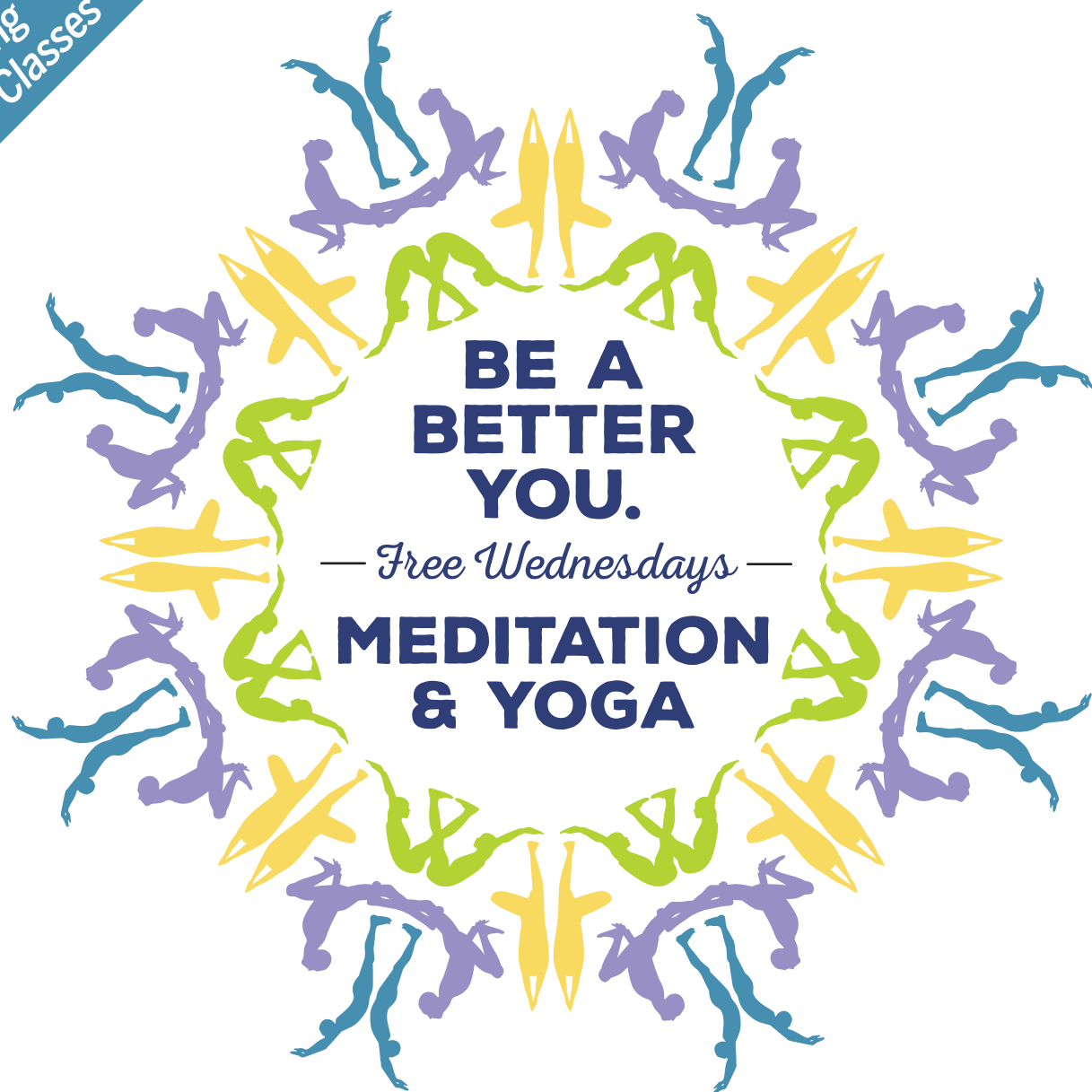


New Spring
Semester Classes



Open to students, faculty and staff. Bring your own mat.

MEDITATION SESSIONS

Wednesdays
2:10 pm - 2:30 pm
2:40 pm - 3:00 pm
School of Nursing
faculty/staff lounge, 2.104F
Jan. 18th - May 10th
*Led by Fernanda Barcelo from
Austin Mindfulness*

YOGA SESSIONS

Wednesdays
12:00 - 12:30 chair/stretch yoga
12:45 - 1:45 pm regular yoga
School of Nursing (room 3.150)
Jan. 18th - May 10th
*Led by Phoebe Long from UT Austin
Recreational Sports*



The University of Texas at Austin
School of Nursing