WEDNESDAY
APRIL 6TH

12pm - 12:30pm
Meditation in the Garden
Location: Botanical Gardens Gazebo
The 30-minute session includes some light stretching and an all-levels guided meditation. Bring something to sit on, and meet us in the gazebo by the turtle pond.

3:30pm - 4:30pm
Peer Led Self-Defense Training
Location: Crawford Green
Join our very own Rez Life Coordinator in a Peer-led Self Defense session discussing basic techniques and freestyle moves to stay safe.

4:45pm - 6:15pm
DIY Self-Care Smoothie Bar
Location: Crawford Green
Join Recreation before, during, or after the yoga session for some delicious smoothies while supplies last!

5pm - 6pm
Mindfulness Yoga
Location: Crawford Green
This class consists of Hatha yoga poses to increase physical strength, improve concentration, and increase flexibility. This class is designed for all fitness levels & participants progress at their own pace. Great for stress management! Please bring a mat or a towel, and water.

8pm
Movie Night Showing
Location: Panthereum
Join C.A.B. and Title IX as they show the movie "Speak" on the big screen. Snack and drinks will be provided to attendees. Showing starts promptly at 8:30pm.