

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