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| Tai chi and Yoga @MLC - *North Tower* | /var/folders/wb/4gv1trt11sqb4yb3l12qjm840000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/7473 |
| **Tai Chi -** Start your week off with gentle exercise to improve your mental focus and balance. Monday mornings 8-8:45 AM from Aug 20-Nov 12, 2018 | **Power Yoga** - A vigorous practice that facilitates the union of breath and movement and leaves you feeling energized, up-lifted, and centered. Wednesday afternoons 4-5 PM from Aug 29 – Nov 14, 2018. Bring your mat! |
|  | Faculty, staff and students are welcome!*Co-Sponsored by UGA Office of Faculty Affairs, Miller Learning Center, UGA Health Center/Fontaine Center, and Human Resources* |  |

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