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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* | | |  | |