Yoga/Meditation followed by a Conversation on

WELLNESS, SELF-COMPASSION, & GRIT

Yoga and meditation impact on teacher and student well-being.

with

Rebecca Nyquist Baelen ’09
Teacher Prep alumnae and doctoral candidate whose research focuses on the development and effects of mindfulness practices and positive psychological interventions for educator and student well-being.

Tabitha Belshee ‘20
Yoga Fellow and instructor.

Vineet Chander
Coordinator for Hindu Life, Office of Religious Life

4:30PM WEDNESDAY
MARCH 27
41 William Street
University Press Building

OPEN TO STUDENTS, UNIVERSITY STAFF/FACULTY
There will be a limited number of yoga mats available
BYO YOGA MATS RECOMMENDED
Light refreshments will be served