

Wellness Wednesday



FREE YOGA & MOVEMENT CLASSES FOR ALL

Join Andrea Thomas, Health and Fitness Science Program Coordinator, for a quick mid-week break to breathe, relax and move a little! All members and friends of the COA Family are welcome.

- Beginner-friendly sessions
- No experience, exercise clothing or equipment needed
- Mat and water bottle suggested
- Come in and leave anytime between Noon and 12:30pm

Even 5 minutes can make a difference!

Wednesdays @Noon • August 30th - December 6th

No class November 22, the day before Thanksgiving

12:00–12:10 • No-Sweat Mobility and Functional Movement

12:10–12:30 • Easy Small Space Yoga

In-person option: COA - Dare, PAB 203

Zoom Link: <https://rb.gy/rd86s>

Meeting ID: 912 8446 5043

Passcode: dolphins

(Please note that In-room participants will always be off-camera)

To attend:

- Set your Zoom user name to display your first and last name
- Please mute your microphone upon arrival

Recordings always available at: COA Wellness for ALL myCourses site <https://mycourses.albemarle.edu/course/view.php?id=17486>