

Spring 2018 Clemons 220 Program Schedule

Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
12 - 1 pm		Mindfulness Monday Anthony/Leslie	Relax & Recharge with Alexander Technique Sandra Cushman	Restorative Yin Yoga Elyse Cooner	Intro to Mindfulness Meditation Elyse Cooner	QiGong Geoff Cox	
4 - 5 pm	Yoga Workshop Series Various	Peer Meditation Leadership (KINE 1050) Geoff Cox	Contemplation in Motion Brad Stoller	Cultivating Resilience Series (3/14-4/4 only) Tim Davis	Self-Care Essentials Juliet Trail		
5 - 5:30 pm							
5:30 - 6:30 pm			Biofeedback Resilience Lab Geoff Cox	Tai Chi Hiromi Johnson	Beginner Yoga Series (1/25-3/1 only) Erin Henshaw		
8 - 9 pm	*Heartfulness Meditation Hoo's Zen	Mindfulness Monday Anthony/Leslie	Candlelight Restorative Yoga Elyse Cooner	*Contemplation@UVA Weekly Meeting	Stress Relief Study Break Erin Hinshaw		

* Denotes student-led program/class