

YOGA

WITH SPIRITUAL LIFE

GENTLE YOGA in ROCKEFELLER

Tuesdays | 5:30-6:30 pm

A slow, meditative yoga class designed to combat negative effects of long periods of sitting and computer use. Wear comfortable clothing. Open to all experience levels.

MORNING YOGA

Wednesdays | 9-9:25am |

spirit.uchicago.edu Virtual Living Room
Stretch the body and center the mind.

YIN YOGA

Thursdays | 3:30-4:30pm |

spirit.uchicago.edu Virtual Living Room
Restorative Yoga with the aim of relaxing mind and body.

