



Movement Opportunities

Vinyasa Flow Yoga: Vinyasa Flow falls towards the more vigorous end of the yoga spectrum. Goal: arrive at breakfast relaxed and energized, without breaking a sweat. Open to everyone, including complete beginners, with options for all levels. Please bring a mat if you have one. Dreia Spies: Monday – Saturday 7:00am – 7:50am. Student Union: Auditorium

Psychocalisthenics is a series of 23 movements that combine yoga like stretches with deep breathing. The movements are designed to integrate mind, body and spirit and produce a vital flash of energy. All ages and levels of fitness welcome Tony Martin: Monday – Wednesday 7:00am-7:45am and Thursday-Friday 7:00am-7:30am, Presidents: 3203

Polarity: We will learn a bit about energy patterns in the body, we will practice ways to bring BALANCE (energy + relaxation) into our bodies and lives. Bring a yoga mat or towel. Cassie Cammann: Monday, Tuesday, Thursday Friday 1:30pm-2:30pm, International House: Cafeteria

Walking in the Woods On or Near Campus: Wear shoes for rough terrain and weather appropriate clothing. If you like, a walking stick, field guides, etc. Meet in Presidents Lobby Andrew Boniface: Tuesday and Thursday 1:30pm

English Country Dancing can be elegant and sophisticated or energetic and playful. We will do a variety of simple to more complex dances appropriate for the group. Ages 9 and up. No partner or experience necessary. All dances will be taught with no special stepping required. Jim Morgan: Tuesday 3:15pm, International House: Cafeteria

Theater Games: We will play using our imagination to warm up our bodies and activate our voices, then move on to work with partners and create group images. Ages 10 and up. Carol Laursen: Monday and Thursday 3:15pm to 4:15pm, International House: Cafeteria

Embodied Peacemaking: How being relaxed, joyful and radiating love in our bodies helps us be stronger and more empowered. A taste of AVP I-Key. Ages 12 and up. Kevin King: Monday and Thursday 3:15pm – 4:15pm, Mem Field House: 2620

Breath-Centered Slow Flow Yoga: Link movement to breath, to find steadiness, space, stability & strength through architecture that honors your unique body. Modifications offered. Bring any yoga props and/or a blanket. Adults Katherine Metz: Monday and Wednesday 4:30pm to 5:30pm, Presidents: 4503

Rest and Digest Yoga: So much to digest at the Gathering – experience and food! Spend this hour consciously in your body, with your breath. Bring a yoga mat, blanket, and other props if you have them. Ages 14 and up Sandra Helpsmeet: Monday, Tuesday, Thursday, Friday 4:30pm -5:30pm Presidents: Multipurpose Room

Rest Day Yoga: Very slow embodied movement followed by 40 minutes of Yoga Nidra, a guided practice of deeply relaxed meditative consciousness. Bring blankets and pillows to be comfortable lying on the floor. Sandra Helpsmeet: Wednesday 3:15pm-4:15pm, International House Cafeteria