



Wellness Center Yoga For a Natural High

Mats are available but bring your own if you have one. Online yoga schedule also on the Purchase Wellness page, About Us, 'What we do' tab.

Classes are held in room 135 Fort Awesome

Day	Time	Classes	Instructors
Monday	12:15-1:15pm	Mindfulness Training	Raditia
Monday	2:00-3:00pm	Meditation with crystals	Alexia
Monday	4:30-5:45pm	Vinyasa Yoga	Robbie
Monday	6:00-7:00pm	MELT method	Joy
Tuesday	12:15-1:15pm	Mindful Movement: Yoga & Meditation	Robbie
Tuesday	6:30-7:30pm	Flow yoga	Erika
Wednesday	12:00-1:00pm	Meditation Instruction & Practice	Nancy
		1st Wednesday of the Month is ENERGY HEALING	
Wednesday	3:00-4:00pm	Yin Yoga	Jane
Thursday	5:30-6:15pm	Pilates	Paul
Thursday	6:30-7:30pm	Yoga Flow	Melanie
Sunday	7:00-8:00pm	Power Vinyasa	Elise

Mindful Movement

A combination of Slow Restorative Flow and mindfulness meditation. An opportunity to become more connected with the present through mindfulness and yoga.

Yin Yoga

A slow paced style of yoga in which the postures, or asanas, are held for a slightly longer period of time.

MELT

Designed to reconnect the whole-body communication, rebalance the nervous system, rehydrate the connective tissue, and release compression in joints using specialized techniques including soft body rollers and balls.

Power Flow

Vinyasa style with emphasis on strength building.

Mindfulness Training

This training provides ways to improve your daily life to obtain better results in time management and academic successes. It includes guidance to different meditation techniques, discussions that strengthen personal and academic goals, and mindfulness skills to implement to each individual's needs.

Instructors:

Robbie: Wellness Counselor/Certified Yoga Teacher

Jane: Certified Yoga Teacher

Nancy: Director of Health Services/Meditation Instructor/Energy Practitioner

Lois: Psychologist, Purchase Counseling Center, Yoga Instructor

Elise, Erika, Melanie: Purchase student and certified yoga teacher

Paul: Purchase student and certified Pilates instructor

Alexia: Purchase student

If questions please email Roberta.Morell@purchase.edu