



# CLEMONS ROOM 220

## Fall 2018

CSC is offering free drop-in programs in Clemons Contemplative Room 220. The space is also reservable for contemplative practices and serves as a quiet drop-in area at all other times. It is located on the 2nd floor of Clemons Library, and is open to all students, faculty, staff, and members of the Charlottesville community.



### MONDAY

#### Mindfulness Monday

12:00 pm - 12:50 pm  
& 8:00 pm - 9:00 pm

#### Beginner Yoga Series

(two 6-week series:  
Sept 10-Oct 15;  
Oct 22-Nov 26)  
5:30 pm - 6:30 pm

#### QiGong

7:00 pm - 8:00 pm

### SUNDAY

#### Yoga Workshop Series

4:00 pm - 5:30 pm  
Easing Back Pain (10/7), Stress Reduction (10/28)

#### Hoo's Zen / Heartfulness Meditation

8:00 pm - 9:00 pm  
(Student-led)

### TUESDAY

#### Relax & Recharge: Alexander Technique

12:00 pm - 1:00 pm

#### NEW Meditation and Art Break

5:30 pm - 6:30 pm

#### NEW Mindful Recharge

7:00 pm - 7:30 pm

#### NEW Yoga for Focus

8:00 pm - 9:00 pm

### WEDNESDAY

#### Restorative Yin Yoga

12:00 pm - 12:50 pm

#### NEW Tai Chi in Garden 1

5:30 pm - 6:30 pm

(The 9/5 class will be held  
in Clemons 220. All other  
classes will be held in Garden 1.)

Inclement weather location:  
Clemons 220)

#### NEW Mindful Recharge

7:00 pm - 7:30 pm

#### Contemplation @UVA

8:00 pm - 9:00 pm  
(Student-led)

### THURSDAY

#### NEW Desk Yoga

12:00 pm - 12:50 pm

#### NEW Beginner Mindfulness Series

(two 6-week series:  
Sept 13-Oct 18;  
Oct 25-Dec 6)  
5:30 pm - 6:30 pm

#### NEW Mindful Recharge

7:00 pm - 7:30 pm

#### Candlelight Yoga

8:00 pm - 9:00 pm