LIVING ON PURPOSE

YOGA

Every Tuesday
September 22 - December 1, 2015
5:00 to 6:00 PM
318 Commons, 2nd Floor Lounge

Feeling a little stressed? Looking for a healthy way to release tension and cultivate awareness and positivity? Join Kris Barry as we explore living on purpose through movement. We will spend the first 45 minutes moving through a series of connected poses and then transition to 15 minutes of guided meditation and breath work. Whether you are a seasoned yoga practitioner or just simply curious, now is your chance to experience and explore.

Please join us - all levels are welcome!


About Kris Barry
Kris Barry is the Health and Wellness Advocate at UMR and is also 200 hour-certified in Dharma Yoga. She has been teaching for six years and is a certified Reiki Master and Ayurvedic Specialist. She has studied primarily Dharma Yoga, ParaYoga, Ashtanga Yoga, Kundalini Yoga, and Vinyasa Flow, weaving aspects of these trainings into her teaching and personal practice.