

# UNM's Unified Wellness Alliance

presents

## Welcome Back to Wellness



**Tuesday, September 5, 2017**

**12:00 - 1:00 pm**

**NW corner of Johnson Field  
Near the Olympic Pool**

This dynamic vinyasa flow will offer modifications to meet your needs and music to keep you moving, in an outdoor yoga session for all levels! Bring your own mat or towel.



**Wednesday, September 6, 2017**

**11:00 am - 1:00 pm**

**NW corner of Johnson Field  
Near the Olympic Pool**

Is your day full of meetings and errands? Do you wonder, *where did the fun go?* Look no further! Have kid fun again with kickball, hula hoops, corn toss, bubbles, origami, and laughter yoga!



**Thursday, September 7, 2017**

**10:00 am - 1:50 pm**

**North Campus, Fitz Hall 303**

Explore the fundamentals of mindfulness through basic meditations, including eating and walking meditation. Three 50-minute sessions available.

10:00 - 10:50 / 11:00 - 11:50 / 1:00 - 1:50

**Events are free and open to all UNM Staff & Faculty!**