

YOGA & MEDITATION CLASSES

FOR BOSTON CAMPUS STUDENTS

Fall 2021

The Student Advisory & Health Administration Office is sponsoring a beginner's level yoga & meditation class which will meet as noted on the schedule below. **You are invited to register for the classes via Qualtrics: [Boston Virtual Yoga Sign-Up - Fall 2021](#)**

Please include your email address, program/school, email address, and liability waiver when registering. A weekly reminder will be sent by e-mail. **The classes are free of charge.**

Vito Politano is a full-time yoga teacher and Thai yoga body worker in the Boston area. Vito teaches mindful and challenging themed flow classes with a strong connection to breathe and alignment, restorative deep stretching classes and one-on-one sessions to meet the varying needs and experiences of students. His studies and therapeutics enable students to open their body, heart and mind in a deep and sustainable way. This yoga class will offer students, of all levels, the opportunity to practice self-care by engaging with their body and breathe to de-stress, relax, reenergize and focus.

Yoga classes will meet via Zoom on the following Thursdays from 4:30-5:30 P.M.

September
9, 16, 23

October
7, 14, 21, 28

November
4, 11, 18

December
2, 9

