

YOGA & MEDITATION CLASSES FOR GRAFTON 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: [Grafton Virtual Yoga - Fall Sign-Up](#)**

Please include your name, program/class year, email address and phone when registering, as well as your liability waiver for the year. A weekly reminder will be sent by e-mail. **The classes are free of charge.**

Sharon Hunter Mathews, MA, LMHC has been a certified yoga teacher in addition to teaching stress reduction and mindfulness meditation since 1995. Her hatha yoga classes are multi-level where postures are modified to accommodate for the beginner or advanced student. The class is based upon the Kripalu and Iyengar traditions. You will learn breathing pranayama techniques, correct alignment, and how to cultivate inner peace. The class includes a relaxation meditation.

Yoga classes will meet on the following days from 5:15 – 6:30pm:

September

Monday, 9/13
Monday, 9/20
Monday, 9/27

October

Monday, 10/4
Monday, 10/18
Monday, 10/25

November

Monday, 11/1
Thursday, 11/8
Monday, 11/15
Monday, 11/29

December

Monday, 12/6
Monday, 12/13

