



Led by Certified Yoga Instructors Matt Harris and Beth Tantanella

Safe, well-designed classes with individualized instruction as needed.  
All Levels Welcome! All Equipment Provided.

Spring Session runs Jan 12th-Apr 22nd \*No class Jan 19th & Mar 16th-20th

**LOCATION: HEALTH PROMOTION OFFICE ACTIVITY ROOM**  
**Student Services Annex (Between the SAC & Houchens)**

START DATE: Monday January 12th END DATE: Wednesday April 22nd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
+ Vinyasa Yoga 5:15 - 6:15 pm Matt	# Gentle Vinyasa Yoga 4:15 - 5:15 pm Beth	+ Vinyasa Yoga 5:15- 6:15 pm Matt	# Gentle Vinyasa Yoga 4:15 - 5:15 pm Beth

**NO CHARGE for Students with UofL ID**

\$10.00 non-refundable enrollment fee allows you FREE access to ALL classes  
(enrollment limited to 50 students)

**FACULTY&STAFF: \$35 for 5 classes or \$75 for 15 classes**

Register for free classes, pay enrollment fee and purchase class cards at:  
**[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)**

+ **Vinyasa** is a step-by-step approach that combines breath & movement to systematically guide students from one point &- safely land them at the next point. The word vinyasa is also used to describe the connection of one pose to the next.  
# **Gentle Vinyasa** is an introduction to yoga, designed for newbies or those who want a refresher on yoga basics



P:502.852.5429  
[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)

 @HealthyCards  
 UofL Health Promotion