

## Spring Yoga and Tai Chi Classes

Available to ALL HSC Employees and Students



# Yoga and Tai Chi

Open to all HSC employees and students  
Lobby of Abell Administration Building (323 E. Chestnut St.) \*\*  
Register at the Being Well website  
(/medicine/dean/being-well) or email  
[beingwell@louisville.edu](mailto:beingwell@louisville.edu)



<b>Monday</b> 12:00-12:50 P.M. Tai Chi Vanessa Hurst	<b>Tuesday</b> 7:30-8:20 A.M. Yoga Izzy Nalley ----- 12:00-12:50 P.M. Noon Yoga Patrice Fife	<b>Wednesday</b> 12:00-12:50 P.M. Tai Chi Vanessa Hurst	<b>Thursday</b> 7:30-8:20 A.M. Gentle Yoga Izzy Nalley ----- 12:00-12:50 P.M. Noon Yoga Patrice Fife
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\*\* On bright, sunny days, Tai Chi will be held in the HSC plaza between Kornhauser and B Building

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[REGISTER HERE](#)

or send an email to [beingwell@louisville.edu](mailto:beingwell@louisville.edu).

As a reminder, yoga and tai chi classes are available to **all HSC employees, students, and residents** and are absolutely **FREE**. If you have ever been interested in learning yoga or Tai Chi but don't want to make a costly commitment, this is your opportunity!

Interested in just trying out a session? Feel free to drop in – just sign in at the beginning of the class.

Class	Days and Time	Instructor	Location	Description
Morning Yoga	Tuesday/Thursday 7:30-8:20 A.M.	Izzy Nalley	Abell Administration Center, Second Floor Foyer	These classes are intended to be light offerings and intended for participants of all skill levels.
Noon Yoga	Tuesday/Thursday 12:00-12:50 P.M.	Patrice Fife	(323 E. Chestnut St.)	
Tai Chi	Monday/Wednesday 12:00-12:50 P.M.	Vanessa Hurst	Abell Administration Center, Second Floor Foyer (323 E. Chestnut St.) Rain/temperature location*	Tai Chi combines intense mental focus with deliberate, graceful movements that improve strength, agility and – particularly for the elderly – balance.

## Spring Yoga and Tai Chi Classes

Available to ALL HSC Employees and Students

HSC Plaza\*\*, between Kornhauser Library and the Instructional B Building (weather/temperature permitting)

Join us for 15 minutes or 45...or somewhere in between. Don't let the busyness of your schedule stop you from decompressing at noon.

**\* When classes shift outside in the later months, days when the weather is below 60 degrees or rainy, Tai Chi will be held in the foyer of Abell**

**A message for intermediary/advanced students of 5Element Form Tai Chi:**

Want to learn more? I am including additional movements and activities that engage your body, mind, spirit, and emotions. So, if you are an intermediary or advanced student who is looking to deepen your practice, during the last 10-15 minutes of each class, we will practice qi gong movements/meditations.

**\*\* Classes will be held in the plaza when the weather is clear and above 60 degrees**