



YOGA

At Speed School

Vinyasa Yoga with Certified Instructors Laurie LeCompte and Amanda White

Every Monday & Wednesday

Speed School

Duthie 119

Starting

November 9th- 30th

5:15pm-6:20pm

FREE for Students with UofL ID

Register online for FREE access to ALL classes

FACULTY & STAFF: \$40 for 5 classes or \$90 for 15 classes



Register for free classes or pay enrollment fee at:

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.



Health Promotion Wellbeing Central
SAC W309
P:502.852.5429
louisville.edu/healthpromotion



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