Up and Autumn:
Lunchbreak Mindfulness Series

Thursdays, September 22, 29, October 6, 13, 20, 27
11:30 am–12:30 pm
Online Event

Each class is divided into two parts to suit your needs.
1. The first half will feature a seated 30-minute meditation practice.
2. The second half will feature a 30-minute all-levels hatha yoga flow.

You can join both, or just attend one.

This practice is accessible for all skill levels. You will have an option to practice with a chair or you can practice on the floor depending on your space availability and fitness needs. There is no need for a yoga mat or yoga clothing, simply show up as you are.

Tune in, refresh and tune out to carry on for a more productive day with more energy and overall feelings of well-being. That’s it!

Join us for an inspiring and nourishing mindfulness practice designed for all skill levels. This practice is custom tailored for productive scholars to:
• help reduce stress
• increase energy
• improve mental clarity

It is designed to be your perfect mid-day practice you can do without skipping a beat.

This event is sponsored by the OFDAS Center for Teaching Excellence.

Register Online
www.ofdas.hawaii.edu/events