

Kansas State University

Campaign for Nonviolence Yoga & Meditation Practice

Summer 2010 Schedule

Noontime Yoga

Monday -- Yoga for all levels. Samantha Wisely, YogaFit Instructor.

Tuesday -- Beginner's and medicinal Yoga. David Mitchell, YogaFit Instructor. This class is for those new to yoga and/or for those interested in stretching and easier movement. **Wednesday** - Intermediate Yoga. CP Ward, YogaFit instructor and 3rd degree Black Belt in Tai Kwan Do.

Thursday -- Yoga for all levels. Angela Mould, YogaFit instructor.

Friday -- Yoga for all levels. Shirley Zhen.

WHERE: Ahearn Room 302 (top of the north staircase and turn right)

WHEN: Noon to 1 p.m.

More Details: Wear your normal workout clothing. Typically showers are not necessary. Feel free to leave early enough to get back to work, as needed. Beginners and experienced yoga students are welcome -- instructors provide for multiple levels of skill. Men and women attend. Faculty, staff, students and community members may attend. There are two or three "CNV loaner" yoga mats but *Please do not use other member's mats.*

Meditation Practice

Mondays 5:15 - 6:00 p.m. UFM Multipurpose Room

(1221 Thurston - enter through the back door with an orange sign off the alley.) Meditation is completely ecumenical and inclusive. We are learning to practice a variety of methods and forms. Meditation is cosponsored by Network of Spiritual Progressives and led by Father Matt Cobb and Rev. Michael Nelson.

The K-State Campaign for Nonviolence & the Women's Center/Nonviolence Education began sponsoring Noontime Yoga during the 2002 K-State Season for Nonviolence. It became so popular we are still going! Through various forms of nonviolence education and practice the CNV and WC are working to build a safe, equitable community by building better balanced relationships personally and interpersonally, locally and globally. How do yoga and meditation connect to nonviolence? Nonviolence begins within -- by learning how to be less violent and more compassionate with ourselves. You are invited to join us! Classes are free and open to all. Questions: Women's Center/Nonviolence Education 532-6444; www.ksu.edu/nonviolence