



Kansas State University
Campaign for Nonviolence & Women's Center

Noontime Yoga

Evening Meditation and Tai Chi

2009/2010 Schedule

Monday -- Traditional yoga for all levels.

Tuesday -- **Beginner's** and medicinal Yoga. This class is for those new to yoga and/or for those interested in stretching and easier movement. (Altho all days are for everyone.)

Wednesday -- Traditional yoga but if class members would like more of CP Ward's Yin Yang Fitness (which includes martial arts kicks & punches) let her know.

Thursday -- Traditional yoga for all levels.

Friday -- Traditional yoga for all levels.

Instructors are your colleagues and in addition, all Yoga Fit trained: Sue Brown, Emily Reagan, David Mitchell, CP Ward, Lauren Brewer, Samantha Wisely and various alumnae subs.

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

WHEN: Noon to 1 p.m.

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

The K-State Campaign for Nonviolence (CNV) and the Women's Center began sponsoring Noontime Yoga in 2002. Tai Chi began in 2006 and Meditation began in 2007. K-State's CNV (ksu.edu/nonviolence) is working to build a safe, equitable community and better balanced relationships of all kinds and in many way -- personally and interpersonally, locally and globally. How does nonviolence connect with yoga? Nonviolence begins by learning how to be less violent and more compassionate with ourselves. We learn to practice nonviolence one step at a time, one choice at a time, one day at a time. Yoga is a way to begin attending to change and conflict more creatively and living in balance. You are invited to join us! Classes are free and open to all. Questions: Women's Center 532-6444; www.ksu.edu/nonviolence

Awareness Meditation Monday 5:15 - 6 p.m.

1221 Thurston - UFM House Solar room (greenhouse).

Meditation is sponsored by the CNV and led by Matthew Cobb and/or class members.

Tai Chi:

Susan Sun's classes: Saturdays, 4:00 pm, K-State Union Courtyard.

(For more information, contact Susan Kelly at skelly@ksu.edu);

CP's classes: Wednesday, 5:30 and Friday, 4:30 at the Rec Center (free w/ Rec card)