



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 co-sponsored 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](http://www.ksu.edu/nonviolence)**