



Kansas State University
Campaign for Nonviolence Yoga & Meditation Practice
+ Tai Chi

Fall 2008/09 Schedule

Noontime Yoga

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

CP Ward, YogaFit instructor and 3rd degree Black Belt in Tai Kwan Do.

Thursday -- Traditional yoga for all levels. Sue Brown, YogaFit instructor.

Friday -- Traditional yoga for all levels. Various instructors.

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. Feel free to leave early enough to get back to work, as needed. Instructors provide for multiple levels of skill. Men and women attend. Faculty, staff, students and community members may attend. Please bring a mat (you can leave it in a locked case).

Tai Chi

Saturday, 4:00 p.m. (Susan Sun) Also: Wednesday 5:30 and Friday 4:30 (CP Ward)
K-State Rec Center. (No Rec pass required for Saturday.)

Meditation Practice

Mondays 5:15 - 6:00 p.m. UFM, 1221 Thurston

(Multipurpose Room - enter through the back door with an orange sign, off the alley.) Meditation is 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