



# NOONTIME YOGA

**Monday through Friday**

**12:05-12:50 p.m.**

**301 Ahearn Gymnasium**

Noontime Yoga is a free volunteer-based program that provides an outlet for students, staff, faculty, and community members to practice yoga together in a friendly, noncompetitive environment.

**For schedules, updates, and cancellation notifications**

Join our listserv:

<https://listserv.ksu.edu/?SUBED1=YOGAMEDITATION&A=1>

or contact Crystal ([strauss@ksu.edu](mailto:strauss@ksu.edu)) to be added

Join our Facebook group at:

<https://www.facebook.com/groups/KStateNoontimeYoga/>

or search for 'K-State Noontime Yoga' on Facebook

**Sponsored by:**

Nonviolence Studies with the Dept of SASW

<http://www.ksu.edu/sasw/nonviolence/nonviolencestudiesandprograms.html>

AND



<http://tryufm.org/>