

Be Well Together 2.0

Yoga and Meditation to build resilience

Free Live Sessions – A & B Terms

Monday
Mindfulness
5:30 - 6:15 pm



Zayda Vallejo, MLitt,
has been practicing meditation and yoga since 1978. Her keen interest in meditation took her to Japan, India, Burma, and Nepal, where she lived for three years.

Tuesday
Yoga
5:30 - 6:15 pm



Kate Moncrief, PhD,
is trained in Iyengar-based Hatha yoga and teaches vinyasa flow classes.

Wednesday
Mindfulness
12:15 - 12:30 pm



Robin Benoit, MS,
has been practicing meditation for about five years and is a board member of the Mindfulness Practice Center in Shrewsbury.

Wednesday
Yoga
5:45 - 6:30 pm



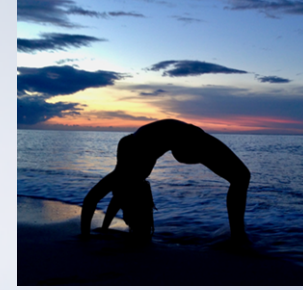
Jeanine Skorinko, PhD,
incorporates different styles of yoga, and tries to offer modifications for those at different levels or with different mobilities.

Thursday
Mindfulness
2:15 - 2:30 pm



Robin Benoit, MS,
has been practicing meditation for about five years and is a board member of the Mindfulness Practice Center in Shrewsbury.

Thursday
Yoga
8:00 - 8:45 pm



Angela Rodriguez, PhD,
is a certified instructor in the Asthanga and Vinyasa styles and teaches dynamic classes with options for all levels.

Friday
Mindfulness
12:00 - 12:30 pm



Justin Laplante, PhD,
bridges the historical traditional practices of meditation with the contemporary science of mindfulness.

**SIGN UP
HERE!**

<http://bit.ly/BeWell2>

Join us for our **Wellness Seminar Series** – *Coming Soon!*



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