

Mindful Yoga Classes

In our mindful yoga class, we take a slow and focused approach to both movement and poses that deepens inner awareness, flexibility and strength. The practice is suitable for any age or fitness level and can be modified to meet individual needs.

Locations & Schedules

Ackland Art Museum

101 South Columbia Street, Chapel Hill
Twice a month, on a Monday or Tuesday
From noon to 1 p.m. Pre-register at
<http://www.ackland.org/programs/yoga/>
Free to Museum members and \$5 for non-members. (919) 966-5736

UNC Rams Head Fitness Center

Located on top of the parking deck on Ridge Road between South Road and Manning Drive. Visitor parking available.
Tuesdays from 5:15 to 6:30 p.m.
http://campusrec.unc.edu/fitness/group_exercise.html
Free to UNC students, faculty and staff with Gym & Pool Privileges. Arrange privileges for \$10/month at the UNC One Card Office located across from the Student Rec Center on South Road. (919) 962-1385



YMCA in Chapel Hill

980 Martin Luther King Jr Blvd
Sundays from 1:15 to 2:30 p.m.
<http://www.chcymca.org/>
Free to YMCA members and \$8 for non-members
(919) 442-9622

North Carolina Botanical Garden

100 Old Mason Farm Road (at Fordham Blvd)
Twice a month on Sunday from 3:30 to 4:45
<http://ncbg.unc.edu/>
(Education > Classes & Workshops)
\$5 for members and \$10 for non-members
Pre-register at (919) 962-0522

Namaste!

UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL

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<http://ils.unc.edu/~marshall/>

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