

# University Wellness Center

# YOGA

NEW  
LOCATION!  
The Social  
Lodge

**Wednesdays 3:30-4:30 PM**

**Fridays 8-9 AM**

**Alternating weekly Yin and Vinyasa themed classes**

**Instructor: Sabeth Jackson**

Open to Sewanee students,  
all types of bodies, all levels of experience.

Free, Drop-in, no sign-up required

We have limited mats, so bring yours, or a towel,  
just in case they are all taken.

**All classes at the Social Lodge**

email [ssjackso@sewanee.edu](mailto:ssjackso@sewanee.edu) to sign up for weekly  
reminders

[www.facebook.com/sewaneeuniversityhealthservice](http://www.facebook.com/sewaneeuniversityhealthservice) for  
updates