



# Noon Hour Yoga

Get your midday chill on during your lunch-break and head over to the Student Services building for some yoga. Dr. Ruplal Choudhary, Certified Yoga Instructor and professor in the College of Agriculture, will guide you through a series of yoga poses aimed at increasing flexibility as well as quieting the mind. This is the perfect midday break to help improve your physical and mental well being.

Noon-hour yoga is a free program offered by the Vice Chancellor of Student Affairs for SIU faculty and staff.

Please join us beginning January 23, 2019 in the Student Services Building room 150/160 from noon to 1:00 p.m. three-times a week. For detailed weekly schedule, visit [rec.siu.edu/classes-and-events/noon yoga](http://rec.siu.edu/classes-and-events/noon yoga).

Participants are encouraged to bring their own yoga mat. A limited amount of yoga mats will be provided.