

# Yoga & Meditation

## UAB WELLNESS WEEK EVENTS

presented by the UAB Employee Assistance & Counseling Center

### YOUR TRUE NATURE: A MINDFUL MEDITATION ON THE GREEN

Join EACC yoga instructor and outdoor mindfulness guide Ashley Clarke for a nature meditation on the Campus Green. Learn more about the healing power of water and mindfully practice self awareness during this brief morning session. Bring your favorite water bottle (filled with water) and a pen. No meditation or mindfulness experience necessary.

**Monday, October 17, 9-9:30 a.m.**

**Campus Green**

### FLOW DOWN ON THE GREEN: A GENTLE YOGA CLASS

Join EACC yoga instructor Ashley Clarke, for a gentle yoga class designed to meet you right where you are on a Friday afternoon. Through offerings of gentle movement and supportive postures, give yourself permission to release what you cannot control and slowly ease into a more peaceful and balanced body and mind. This class is accessible to anyone who can move from seated to standing five to six times within the practice. Please bring your water bottle and yoga mat.

**Friday, October 21, 4-5 p.m.**

**Campus Green**

### VIRTUAL MINDFULNESS MEDITATION

**Offered daily Monday, October 17 through Friday, October 21, via Zoom**

Participants can join at 12 p.m. or 12:30 p.m. Go to [go.uab.edu/EACC-Calendar](https://go.uab.edu/EACC-Calendar) and select a date to register.

### GENTLE YOGA AT THE EACC

**Tuesday, October 18 & Thursday, October 20, 5:25-6:25 p.m.**

**Magnolia Office Park, 2112 11th Ave. S, Suite 330**

Email [uabeacc@uabmc.edu](mailto:uabeacc@uabmc.edu) to register due to limited capacity. Classes are limited to 12 students.

### YOUR TRUE NATURE: A CHAIR YOGA CLASS FOR BODY, MIND & SPIRIT

**Wednesday, October 19, noon-1 p.m., via Zoom**

Go to [go.uab.edu/EACC-Calendar](https://go.uab.edu/EACC-Calendar) and select "Gentle Chair Yoga" to register.

*For more UAB Wellness Week events, visit the Campus Calendar and search the Wellness Week tag.*

