

ZEN in 10

TUESDAYS and THURSDAYS
November 4th – December 20th, 2018

no classes on November 20th or 22nd

Open to Campus and FREE | UND.edu/Zenin10

Outdoor locations listed are weather dependent

9:00-9:10 a.m.

McCannel Hall

Inside: Lobby

9:30-9:40 a.m.

Upson II or CEC

Inside: Lobby

10:10-10:20 a.m.

Housing

Inside: Lobby



10:40-10:50 a.m.

School of Medicine and Health Sciences

Inside: Room W202

11:15-11:25 a.m.

Information Technology

Inside: Work Café

Zen in 10 focuses on stretching, breathing and having fun with coworkers. Go back to work with **less stress, more energy and better body functioning**. Services provided by Kay Williams, Certified Yoga and Relax and Renew Instructor®.

Would you like Zen in 10 at your building?

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