

UW-W Employee Wellness Fair 2025 Chair Yoga



April 8th

10:30am - 1:00pm

UC264

What to Expect

Begin a journey of well-being with simple, rejuvenating stretches. Take some time to just focus on you, your breath, and gentle movements. In our busy lives, these sessions show that self-care doesn't require significant costs or time commitments.

What do I need to bring?

Nothing! Chairs will be provided, so just show up and get ready to unwind and stretch!

For Questions

Please contact CynDee Sentieri at sentierc@uww.edu or Gina Elmore at elmoreg@uww.edu

Schedule

Join a 15 minute session, starting at 10:30, 11, 11:30, 12, and 12:30 in UC 261

What if I am wearing work clothes?

No worries, the stretches will be simple enough to perform even in business attire

