

## TRY FACULTY/STAFF YOGA!

Join HR POWER UP Employee Wellness to move, stretch and *de-stress* with **Faculty/Staff Yoga**! If you've never done Yoga before, now's your chance to give it a try! Open to all fitness levels, no experience is necessary as the class instructor will offer modifications for all movements.

Offered initially for three weeks, these "free" one-hour **Faculty/Staff Yoga** classes will be held **Monday and Wednesday afternoons, at 5:30 PM, in the Campus Recreation and Wellness Center (CRWC), Rotunda Classroom (RM 1004), beginning Monday, April 17**. Classes will be open to faculty and staff only, and employees do NOT have to be members of the CRWC to participate.

In order to join a class, you will need to register weekly. Registration will open a week in advance and closes 5 minutes after the start of each class. You will also need to sign a Release and Indemnification Agreement form. After your [REGISTER](#), please print and sign the [RELEASE AND INDEMNIFICATION AGREEMENT](#) form and bring it and your PSID with you to your first class.

Please wear comfortable clothing and come prepared to experience the benefits of Yoga! While open to all, those new to it are especially encouraged to partake in this special 3-week series.

## FAQs

**What time do classes start?** Classes will begin promptly at 5:30 PM. Please make every effort to arrive and be ready to start at that time.

**Is parking available?** Free parking is not available. However, there is paid parking onsite and in the Welcome Center. Employees are encouraged to walk to the facility if possible.

**Do I need to bring my own mat?** Participants are welcome to bring their own mats or to use the ones made available by the CRWC.

**Is there a place to change?** If needed, employees may use the locker rooms. To do so, we will need to coordinate with Operations to ensure that you can change and return to the class. To accommodate this, please arrive early to the class such that you have time to change and begin the class at the start time.

**Who will be teaching the classes?** Our student yoga instructor, Isabella, will lead you through a yoga class for all fitness levels. She will offer modifications throughout the class to progress and regress the poses.

**What if I forget to register?** You can register from your phone or computer until 5 minutes after the start time. Registration is recommended to ensure we have enough space and equipment for each participant. It's not required! Registration will close for any given class once 40 attendees have registered.

**What if a colleague would like to join me but did not know they needed to register?** If someone did not register in advance, they can still attend the class - provided that it isn't full. Once they arrive, they will need to sign in and provide their PSID number as well as complete a Liability Waiver Form. Printed forms will be available at the class.

**How many spots are available in a class?** There are 40 spots available in each class.

**How long will the class last?** Classes will typically last one hour.

**Where do I go to register again?** Click here to [REGISTER](#).

**Where can I find the Release and Indemnification Agreement form?** Click here for the [RELEASE AND INDEMNIFICATION AGREEMENT](#) form. Please print and complete the form with your signature, and bring it along with your PSID# to your first class.