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Subject: **Wisconsin Union Health and Wellness - Join Summer Yoga - FREE**
Date: June 12, 2017 at 10:56 PM
To: **Wisconsin Union Student Staff** union-students@lists.services.wisc.edu, union-staff@lists.services.wisc.edu
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Free Terrace Yoga

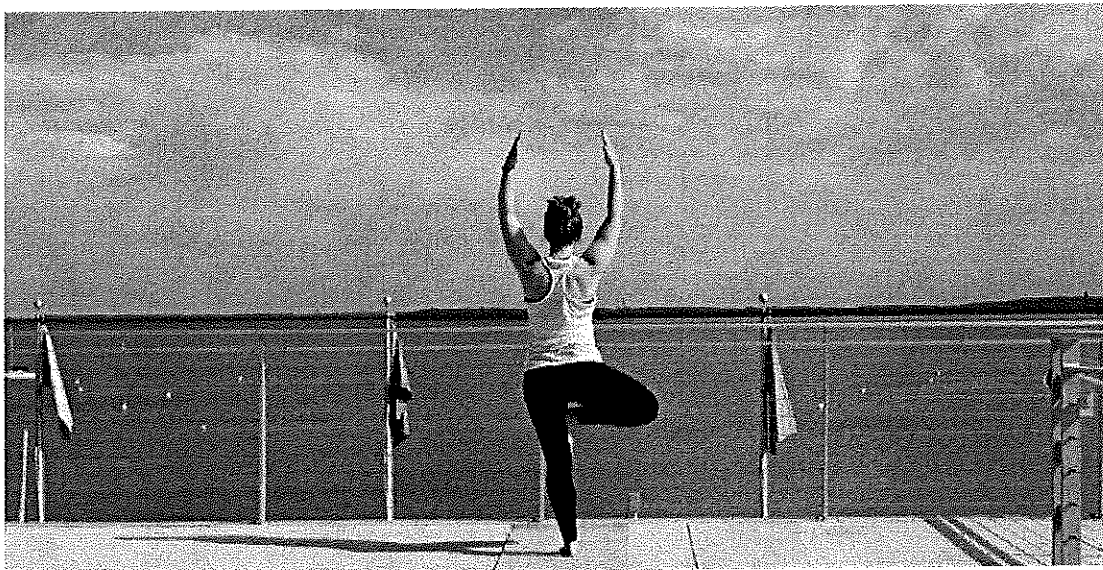
Whether you are brand new to yoga or have years of experience, we are inviting our Union Staff to come join us for free morning yoga on the dates below (effective June-July)!

Tuesday, Wednesday, and Fridays @ 7 am

-and-

Saturday and Sundays @ 9 am

Additional Details in Link <http://go.wisc.edu/UnionSummerYoga>



Additional Details on UW Madison's Health and Wellness Events

Click on the image to the right to see an article on the benefits of yoga before your free class at the Terrace!



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Take advantage local gyms and restaurants on campus to stay healthy this summer!



Forage Kitchen

665 State St.
Madison, WI 53703
(608) 286-1455



Kamps Fitness

435 N. Frances St.
Madison, WI 53073
(608) 283-9724

Rec Sports

Rec Sports has a variety of opportunities available for students in the Madison Area this summer.

Click the Rec Sports image above for details on:

- Sunrise Outdoor Yoga
- Personal Training
- BuckyFit & Wake Up Warrior Boot Camp
- Workplace Wellness Workouts

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