

Presented by
POST-DOCTORAL ASSOCIATION (PDA)

Thursday, January 9th, 2020
1:00 pm - 1:50 pm | at DRC-1: Room-1006

“Chair YOGA Class”

By Professional Yoga Instructor



We will learn some basic stretches which we can do throughout the day on our working desk. Chair yoga is a perfect way of mind-body relaxation for busy Post Docs who don't have time to go to professional classes.

Lunch will be served.