

Spartan Warrior Yoga



A 6-week progressive yoga series consisting of breathing, postures, and meditation. All levels welcome. Instructed by MSU Alumni and Afghanistan veteran, Chris Martindale. Class is open to all Michigan State University active duty, MSU Student and Staff Veterans, and ROTC students.

Dates

Session I: Jan 17-Feb 21

Session II: Mar 14-Apr 18

Time

Tuesday 1730-1830

Cost

\$3 per session

(Join any time -
First class FREE)

Location

IM Circle – Rm 218

For more information, contact Rebecca Kegler, Assist. Dir., RecSports and Fitness Services kegler@msu.edu



**RECREATIONAL SPORTS
AND FITNESS SERVICES**

