ACTIVE @WORK

Active @ Work

Fall 2020 Workshops

Register:
uhs.berkeley.edu/wellnesscalendar

"I am thankful for these free classes at Cal, as it is a way to incorporate fitness into a work setting that is often sedentary in its nature. I loved both the challenge of learning new exercises, as well as feeling like I could incorporate these exercises into my daily routine in order to improve my health."

Dancing for Fun & Fitness

- **Zumba/Samba:**
  Fri 9/4, 10/2, 11/6, 12/4
  12:10-1pm

- **Hula/Tahitian:**
  Fri 11/20 | 12:10-1pm

Yoga for Tension & Stress Relief

- Fri 9/11, 10/9, 11/13, 12/11
  12:10-1pm

These workshops will be offered virtually via Zoom; you can register by clicking the linked dates. Note: registration closes 2 days before the listed date for each class.

Be Well at Work
Faculty/Staff Wellness

uhs.berkeley.edu/wellness
wellnessfacstaff@berkeley.edu

Active @ Work
Workshop Descriptions

Dancing for Fun and Fitness

Instructors: Nadia Qabazard (Zumba/Samba)
Nicole Castillo (Hula/Tahitian)

Fit some fun and fitness into your day with these free, beginner dance classes. No partner required. Comfortable clothing and athletic shoes recommended.

Yoga for Tension and Stress Relief

Instructor: Laurie Ferris

Practicing yoga can release tension in your joints, give you greater range of motion, and offer increased comfort in all aspects of your life. Learn basic yoga poses and breathing techniques to transform your practice into a moving meditation. **Optional:** Join the Passport Yoga Passport Challenge and get a different stamp for each class to be entered into a drawing for a yoga prize! Please bring your own yoga mat as our supplies are limited. Due to the limited class time, please try to arrive early or on time to complete the participant waiver. Comfortable clothing and bare feet recommended.