

Yoga in the Gardens



What better way than to spend a lunch hour outside in one of MSU's fabulous Horticulture Gardens! Join us in June for our first

Lunch Hour Chair Yoga Class

under the wisteria of the Entrance Pavilion. We'll be using the benches as our place to meet, relax, stretch, and connect.



Who: MSU Faculty, Staff, Students, and Friends of the Garden
When: June 7, 14, 21, 28 (Wednesdays) 12:10-12:50p
Rain Venue: Horticulture Atrium, chairs provided
Where: Entrance Pavilion to the Horticulture Gardens off Bogue Street. Metered parking available in the Visitor Lot.
Cost: Classes are at NO CHARGE, but registration is encouraged!
To Register: Online: <https://goo.gl/forms/qB7XKYhWArmYwnnt2>
Instructor: Rebecca Kegler, Assistant Dir., RecSports and Fitness Services, 200 RYT Registered Yoga Instructor, 517-353-9663



Fresh Air Fitness Summer Series
Partnering for a Healthier MSU Campus and Community