



McMASTER
ATHLETICS & RECREATION
www.marauders.ca

FREE YOGA

April 15-25, 2024 Exam Stress Relief 😊

Open to McMaster Students/DBAC Members, Staff & Faculty

Location: Mindfulness Centre, DBAC

Classes are 50 minutes

DROP-IN, no registration required.

Mon April 15	12:00pm -12:50pm	Claire Leighton
Mon. April 15	6:00pm - 6:50pm	Cyndy Bhattacharya
Tues. April 16	7:00am -7:50am	Matt Minnick
Tues. April 16	5:30pm - 6:20pm	Veronica Tran
Wed. April 17	4:30pm - 5:20pm	Amy Jing
Thurs. April 18	5:30pm - 6:20pm	Atreyee De
Fri. April 19	12:30pm-1:20pm	Sarah Brown
Mon April 22	12:00pm -12:50pm	Claire Leighton
Mon. April 22	6:00pm - 6:50pm	Cyndy Bhattacharya
Tues. April 23	7:00am -7:50am	Matt Minnick
Tues. April 23	5:30pm - 6:20pm	Veronica Tran
Wed. April 24	4:30pm - 5:20pm	Amy Jing
Thurs. April 25	5:30pm - 6:20pm	Atreyee De

