



McMASTER
ATHLETICS & RECREATION
www.marauders.ca

Exam Stress Relief

December 9-19, 2024

FREE Yoga

Open to McMaster Students/DBAC Members, Staff & Faculty

Location: Mindfulness Centre, DBAC

Classes are 50 minutes

DROP-IN, no registration required. Space limited.

Day	Time	Instructor
Mon. Dec 9	5:30pm-6:20pm	Claire Leighton
Tues. Dec 10	12:30pm-1:20pm	Jenn Stanley
Wed. Dec 11	7:30pm-8:20pm	Jenn Stanley
Thurs. Dec 12	6:30pm-7:20pm	Veronica Tran
Fri. Dec 13	12:30pm-1:20pm	Sarah Brown
Mon Dec 16	4:30pm-5:20pm	Claire Leighton
Tues. Dec 17	5:30pm-6:20pm	Kerri Boyd
Wed. Dec 18	9:00am-9:50am	Jenn Stanley
Thurs. Dec 19	5:30pm-6:20pm	Veronica Tran

