



McMASTER

the Pulse

FREE YOGA

April 9-25, 2025 Exam Stress Relief 😊

Open to McMaster Students/DBAC Members, Staff & Faculty

Location: Mindfulness Centre, DBAC

Classes are 50 minutes

DROP-IN, no registration required.

Instructor

Wed. April 9	5:30pm - 6:20pm	Veronica Tran
Thurs. April 10	4:30pm - 5:20pm	Jenn Stanley
Fri. April 11	12:30pm - 1:20pm	Sarah Brown
Tues. April 15	5:00pm - 5:50pm	Kerri Boyd
Wed. April 16	12:00pm - 12:50pm	Jenn Stanley
Wed. April 16	5:30pm - 6:20pm	Veronica Tran
Thurs. April 17	5:30pm - 6:20pm	Claire Leighton
Mon April 21	4:30pm - 5:20pm	Claire Leighton
Tues. April 22	5:00pm - 5:50pm	Kerri Boyd
Wed. April 23	12:00pm - 12:50pm	Jenn Stanley
Wed. April 23	5:30pm - 6:20pm	Veronica Tran
Thurs. April 24	5:30pm - 6:20pm	Claire Leighton
Fri. April 25	12:30pm - 1:20pm	Sarah Brown

