

## **About**

*Rushing to Yoga's mission is to encourage self-discovery, self-compassion, and the embodiment of love for the greater good. Rushing to Yoga was founded by Marilee Bresciani, Ph.D.*



## **Details**

We are fortunate to host Rushing to Yoga at Pi Phi through the spring semester!

Rushing to Yoga is a 16 week interactive course focusing on stress reduction and overall well-being. Each weekly session will consist of two parts; the physical practice of yoga, followed by a discussion and lesson.

During the course, students learn about the research that underlies the practices that will positively improve their overall well-being as they become more aware and empowered of their choices.

Each class will be around 2 hours and take place on either Monday or Wednesday night, TBD.

If you are interested in participating or have any questions, please email Francie at [francieharvey@gmail.com](mailto:francieharvey@gmail.com). In the email, also include if you would prefer the class be on Monday, following chapter, or Wednesday evening!