

PhD yoga sessions

Unwind your mind and refresh your spirit

When

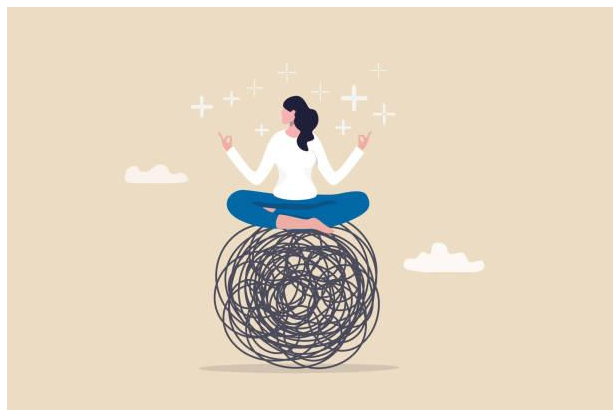
Thursday 25 July 2024
16:30 – 17:30 hrs.

Location

In the Gymnasium of the Department of Psychiatry - Entrance Oost, route 961 to the Psychiatry department and take the stairs down the hall to route 975

Host

PhD council



Registration (max. 25 people)



Information:

Using your brain too much during your PhD work? Feeling stressed and overwhelmed? Come join our tailored Yoga Sessions for PhD students designed to relieve stress, enhance focus, and foster well-being through low-intensity yoga practices. Experience the benefits of gentle postures and exercising that promote physical relaxation, improve flexibility, and build strength. These sessions, suitable for beginners, combine mindful movements and relaxation techniques to help you find balance and tranquility amidst your demanding academic life.

What to bring? Your yoga mat/towel (not required) and motivated spirit.