

# ZEN in 10

**TUESDAYS and THURSDAYS**  
**January 7 – February 27, 2020**

*Open to Campus and FREE | [UND.edu/Zenin10](http://UND.edu/Zenin10)*

9:00-9:10 a.m.

**McCannel Hall**

Inside: Lobby

9:30-9:40 a.m.

**Upson II or CEC**

Inside: Lobby

10:00-10:10 a.m.

**O'Kelly**

Inside: 3<sup>rd</sup> floor



10:40-10:50 a.m.

**School of Medicine  
and Health Sciences**

Inside: Room E101 – Jan 7, 9,  
16, 23, 30, Feb 6, 13, 20, 27

Room E223 – Jan 14, 21, 28,  
Feb 4, 11, 18, 25

11:15-11:25 a.m.

**Twamley**

Inside: Room 400

Zen in 10 focuses on stretching, breathing and having fun with coworkers. Go back to work with **less stress, more energy and better body functioning**. Services provided by Kay Williams, Certified Yoga and Relax and Renew Instructor®.

Would you like Zen in 10 at your building?  
Contact: Andria Spaeth @ 701.777.0210 or [andria.spaeth@und.edu](mailto:andria.spaeth@und.edu)