

ZEN in 10

TUESDAYS and THURSDAYS
January 7 – February 27, 2020

Open to Campus and FREE | UND.edu/Zenin10

9:00-9:10 a.m.

McCannel Hall

Inside: Lobby

9:30-9:40 a.m.

Upton II or CEC

Inside: Lobby

10:00-10:10 a.m.

O'Kelly

Inside: Lobby



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