

ZEN in 10

TUESDAYS and THURSDAYS
October 29 – December 19, 2019

(No class November 26 or 28)

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

10:10-10:20 a.m.

O'Kelly

Inside: Lobby



10:40-10:50 a.m.

**School of Medicine
and Health Sciences**

Inside: Room E101

11:15-11:25 a.m.

**Information
Technology**

Inside: Work Café

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