

UIC Body and Brain Club presents



Energy Rejuvenation Stress-Relief Workshop

Yoga, Tai-Chi, Ki-Gong and Meditation

Overcoming stress

Focus better on your finals

Experiencing lasting happiness and inner peace

In this workshop you can learn and experience:



- Deep relaxation
- Deep breathing techniques
- Meridian exercises
- Meditation
- Tai-Chi and Ki-Gong
- Energy accumulation

❖ When: April 29th and May 1st, 5pm ~ 7pm

❖ Where: MAC Suite, Student Recreation Facility

This workshop is free for All UIC students, faculty, staff.

For more information call: (312) 404-5078

www2.uic.edu/stud_orgs/sports/bodybrain