

Mindful Stretch Series

hosted by

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UCR Wellness Coordinator

The Mindful Virtual Stretch Series is an 8 week series on stretching movements with a focus on deep breathing and mindfulness



**Scheduled every Tuesday
from 12:00pm to 12:30pm**

WEEKLY SCHEDULE:

Week 1 (May 2nd) Deep Breathing and Progressive Muscle Relaxation

Week 2 (May 9th) Total Body Stretch

Week 3 (May 16th) Neck and Shoulders

Week 4 (May 23rd) Chest and Arms

Week 5 (May 30th) Back

Week 6 (June 6th) Hips

Week 7 (June 13th) Legs

Week 8 (June 20th) Cumulative

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