

THE UNIVERSITY OF  
**ALABAMA**



*Presents*  
*Learn to Wave Your Stress Away!*  
*Yoga Workshops*  
*August 22, 2013*

By  
*Dr. Vasundhara Doraswamy*  
*Director*  
*Vasundhara Performing Arts Center*  
*Mysore, India.*

*UA Community—Free*

*Thursday, August 22*  
*Room 205, Gorgas Library*  
*9:00 - 10:00 a.m.*  
*12:00- 1:00 p.m.*

*Yoga Mats are available.*  
*Sign up in advance / Walk-ins welcome*

Contact: *Betsy Myers*, 205-348-6930, [elmyers@ua.edu](mailto:elmyers@ua.edu)

or

*Mangala Krishnamurthy*, 205-348-2109, [mkrishna@ua.edu](mailto:mkrishna@ua.edu)

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