

YOGA CLASSES



WHO:
UF and UF Health Employees

WHERE:
Ustler Hall Atrium,
162 Fletcher Drive

WHEN:
Weekly – every **TUESDAY**
12:15 to 1:00 p.m.

BRING:
Yoga Mat

COST:
FREE

DIRECTIONS:
Ustler Hall is adjacent to the Student Recreation & Fitness Center and has a courtyard in front. The atrium is located on the second floor.



FEATURING:

Kim Holton, PhD Yoga Instructor + UF Faculty and Staff Wellness Coordinator

Kim began studying yoga in 1998 and teaching in 2002. She has completed teacher trainings through Sivandanda, Nosara and the Kundalini Research Institute. Kim has trained with numerous nationally recognized yoga teachers in the traditions of Ashtanga, Iyengar, Kripalu, Kundalini, Restorative and Vinyasa. She has taught and worked at the Omega Institute for Holistic Studies as well as the Kripalu Center for Yoga and Health and teaches locally at Sanctuary Yoga and through Santa Fe College's Community Education Program.

For more information, please contact Kim Holton at mkholtan@ufl.edu or 352.273.1717.

