



Yoga for Archaeology!

With Meaghan Efford

Tuesday Nov. 14th 2017

7:30pm in COR A125

This class is designed to help students and professionals with the physical stress of field and lab work.

All disciplines welcome to join us!

\$5 for ASBC members, \$10 for non-members

Who is this for:

This class is for students and professionals.

No experience necessary.

What to bring:

- Mat or towel for the floor
- Water!
- Stretchy, comfortable clothes

