

# Mindful Tiger

	Monday	Tuesday	Wednesday	Thursday
		<p><b><u>10:30 am- 11:00am</u></b></p> <p><b>Mindful Zen</b></p> <p><i>Wirth Room Dental School</i></p>		<p><b><u>11:00am-11:45am</u></b></p> <p><b>Mindful Yoga</b></p> <p><i>Wellness Center Group Exercise Room</i></p>
	<p><b><u>11:30 am-12:00pm</u></b></p> <p><b>Mindful Zen</b></p> <p><i>Caps Conference Room 5<sup>th</sup> Floor Lions Building</i></p>	<p><b><u>12:00pm-12:30pm</u></b></p> <p><b>Mindful Yoga*</b></p> <p><i>Wirth Room Dental School</i></p> <p><b>*Please bring a yoga mat</b></p>	<p><b><u>12:15 pm-12:45pm</u></b></p> <p><b>Mindful Yoga*</b></p> <p><i>7<sup>th</sup> Floor open area 1542 Tulane</i></p> <p><b>*Please bring a yoga mat</b></p>	<p><b><u>12:15pm-12:45pm</u></b></p> <p><b>Mindfulness &amp; Chair Yoga</b></p> <p><i>Caps Conference Room 5<sup>th</sup> Floor Lions Building</i></p>
	<p><b><u>12:00pm-12:45pm</u></b></p> <p><b>Mindfulness Yoga</b></p> <p><i>Wellness Center Group Exercise Room</i></p>	<p><b><u>1:15pm-2:00pm</u></b></p> <p><b>Mindfulness &amp; Chair Yoga</b></p> <p><i>Caps Conference Room 5<sup>th</sup> Floor Lions Building</i></p>		