

**CAU SUMMER 2024 WEEK 1, JULY 7-13**

**COURSE:** Yoga Movement & Mindfulness for All Levels

**FACULTY:** Jenni Sol Cunningham '08, M.Ed., E-RYT 500, NASM CPT, Adjunct Instructor, Athletics Department

**LOCATION:** Schwartz Center for the Performing Arts, Dance Studio Room 321, 430 College Ave., Ithaca, NY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Morning Refresh, RBG Lounge (optional)	Morning Refresh, RBG Lounge (optional)	Morning Refresh, RBG Lounge (optional)	Morning Refresh, RBG Lounge (optional)		
7:30-8:30am	Safe travels to campus!	Breakfast, Toni Morrison Dining (optional, pay as you go)	Breakfast, Toni Morrison Dining (optional, pay as you go)	Breakfast, Toni Morrison Dining (optional, pay as you go)	Breakfast, Toni Morrison Dining (optional, pay as you go)	Breakfast, Toni Morrison Dining (optional, pay as you go)	Breakfast, Toni Morrison Dining (optional, pay as you go)
Break/free time		Break/free time	Break/free time	Break/free time	Break/free time	Break/free time	
9:00am-12:00pm	You're getting closer!	Welcome, Introductions. Safety and overview. Intro to Asana Flow and Deep Relaxation	Asana Flow + Deep Relaxation; Pranayama & Meditation	Asana Flow + Deep Relaxation	Asana Flow + Deep Relaxation. Intro to Meditative walking outdoors	Asana Flow + Deep Relaxation. Pranayama + Meditation	Check out 10am
Break/free time		Lunch/free time	Lunch/free time	Lunch/free time	Lunch/free time	Lunch/free time	
1:30-3:30pm	Welcome! Resident check-in, RBG Hall, 2pm-4pm	Intro to Pranayama and practice; Intro to Yoga Philosophy	Yoga Philosophy, focus on Yamas & Niyamas	"Spring Break"	Discussion about selected readings	Restorative Practice, Pranayama + Meditation.	
Break/free time							
4:00-5:00pm	Welcome! Commuter check-in, RBG Hall	Happy Hour, RBG Lounge	Happy Hour, RBG Lounge	Happy Hour, RBG Lounge	Happy Hour, RBG Lounge	Happy Hour, RBG Lounge	
5:00-7:00pm	Opening Reception & Welcome Dinner, Toni Morrison Residence Hall	Dinner on your own	6:00: Community Dinner, RBG Lawn	Free Time	Dinner on your own	Farewell Reception, Moakley House	
7:00-8:00pm	Keynote Address, Toni Morrison Residence Hall	Evening Lecture, RBG Lounge	7:30: Evening Lecture, RBG	Free Time	Evening Lecture, RBG Lounge	Farewell Banquet, Moakley House	
8:00-10:00pm	Ice Cream Social, RBG Lounge	Trivia Night, RBG Lounge	Free Time	Bingo, RBG Lounge	Stargazing at Fuertes Observatory	Free Time	

