

MINDFULNESS AND MOVEMENT

Bring Mindfulness and Movement to your next department meeting or didactics by partnering with us! Choose from any of the options below or contact fresnowellness@ucsf.edu for a customized session.



MINDFULNESS

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Relax your body and reduce stress by focusing on being fully present through deep breathing and guided imagery.

*Length: 5-15 mins | In-Person or Virtual
Unlimited number of participants*

SOUND BATH SESSION

This immersive, full-body experience uses sound to create a relaxing space. A great way to clear the mind and recharge.

*Length: 10-30 mins | In-Person or Virtual
Unlimited number of participants*

SCHEDULE IT TODAY!

Contact fresnowellness@ucsf.edu

MOVEMENT

GENTLE YOGA FLOW

A series of guided poses focusing on self-observation, breath work, and stretching – a perfect introduction to yoga!

Length: 30-60 mins | In-Person or Virtual
Max 12 people for in-person
Yoga Mat Required; Unlimited participants

CHAIR YOGA

Basic yoga poses and stretching adapted to a chair, so you can relax without the stress of getting up and down a floor.

*Length: 5-15 mins | In-Person or Virtual
Unlimited number of participants*

RESTORATIVE YOGA

Long, passive yoga poses to help let go of tension, so your mind and body achieve complete rest and recovery.

Length: 30-60 mins | In-Person or Virtual
Max 12 people for in-person
Yoga Mat Required; Unlimited participants