

The RECOrd

September 2020

National Yoga Month

Fall is a busy season for students and the university community, and with that busy-ness comes the added stress of meeting deadlines, increased workloads, and a much faster pace than you may have experienced during the lazy, hazy days of summer break. Fortunately, National Yoga Month is here and we are here for it! With all the new beginnings that fall brings, this season is the perfect time for either trying yoga for the first time or recommitting to or deepening an existing practice.

Here are some ways you can observe National Yoga Month:

- **Join us throughout the month** every **Monday, Wednesday, and Friday at 4 for Live Yoga** with Steve on Facebook @uofmrecenter.
- **Try a different type of yoga class:** We are offering Yin Yoga classes this month on **Sept. 9, 18, and 28**, also at 4 p.m. on Facebook Live @uofmrecenter. Yin is a slower, more-meditative yoga class which offers longer holds for deeper stretching and relaxation. Most yin poses are practiced either seated or lying down, so you may find that this style class is more accessible to you and possibly more relaxing. Try it and see!
- **Learn more about yoga!** Throughout the month, we will post information so you can learn more about how this transformative practice can help you mentally, spiritually, and physically. Watch our website and social media channels to learn more!
- **Keep breathing!** Yoga doesn't have to be difficult or fancy-it can be as simple as closing your eyes and taking some deep breaths. As Jivana Heyman says, **"If you can breathe, you can do yoga!"**

Free CPR Classes!



We are offering free American Heart Association Basic Life Support Certification classes, thanks to a grant funded by the American Heart Association and Blue Cross Blue Shield. With just one five-hour class, you can become certified and learn techniques that can help prepare you to act quickly and save lives in emergencies.

- Sessions will be offered on:
- Sat., Sept. 12, 10 a.m.-3 p.m.
- Fri., Sept. 25, 10 a.m.-3 p.m.
- Sat., Oct. 10, 10 a.m.-3 p.m.
- Fri., Oct. 23, 10 a.m.-3 p.m.
- Sat., Nov. 7, 10 a.m.-3 p.m.
- Fri., Nov. 20, 10 a.m.-3 p.m.
- Sat., Dec. 5, 10 a.m.-3 p.m.

The classes are only for UofM students, faculty, and staff. Free registration is available online at cris.memphis.edu. For more information, please call 901.678.3461 or e-mail amchism1@memphis.edu.



THE UNIVERSITY OF
MEMPHIS
Campus Recreation

September Intramurals

Although we can't meet in person just yet due to COVID-19, we are keeping our thriving Intramurals community connected through online competitions and events. This fall's intramurals schedule features online games such as Call of Duty: Modern Warfare, E-Sports-Madden, FIFA, and NBA 2K, Fortnite, Rocket League, and Super Smash Bros. For more information or free registration, please visit IMLeagues.com or call 901.678.2812.

"Autumn seemed to arrive suddenly that year. The morning of the first September was crisp and golden as an apple." JK Rowling, Harry Potter & The Deathly Hallows