



LOW LUNGES AND LADDOOS

6:45 PM - 7:45 PM
April 8th, 15th, 22nd, and 29th

Calling all South Asia enthusiasts! Do you want to foster community, learn about and engage in the historic South Asian practice of yoga, AND enjoy laddoos and chai while you're at it? All are welcome to join McWell's Senior Fellow Gail Fernandes for Low Lunges and Laddoos!

The event will be virtual on Zoom and snacks can be picked up at Duncan Student Center. Register below:

[Registration Link](#)



**Student
Well-Being**
MCDONALD CENTER