## Winter Break Wellness at Eastman

### On-Demand Wellness Programs
Click title to launch.

- **Guided Body Scan**
  - 10 min

- **Alexander Technique for Screen Fatigue**
  - 45 min

- **Body Warm Ups for Musicians**
  - 30 min

- **Guided Loving-Kindness Meditation**
  - 10 min

- **Our Healing Breath Drop-In for Students of Color**
  - 12/17 + 12/30 @5PM

### Live Wellness Programs
Click title to join.

- **Every Thursday**
  - 7PM
  - Peer-Led Meditation

- **Every Sunday**
  - 9AM
  - Peer-Led Yoga Flow

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**Live. Grow. Thrive.**