

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**



**LIVE.
GROW.
THRIVE.**