

IndigiWellbeing Presents:

Breath of Life Yoga with Jessica Barudin

Tuesday November 30th, 12pm - 1pm (Tucson, AZ time)

Join us for a free zoom yoga class, **Breath of Life** - a slow flow, moving meditation to uplift our body, mind, and spirit and cultivate deep listening and balance.



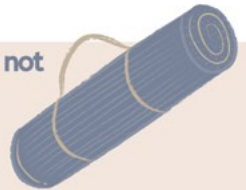
Jessica Barudin is Kwakwaka'wakw, a member of the 'Namgis First Nation living in Alert Bay, BC. She is a proud mother, Sundancer, doctoral student, doula, and trauma-informed yoga teacher. She is the Traditional Wellness Specialist for Vancouver Island with the First Nations Health Authority. Jessica is also the co-director of the First Nations Women's Yoga initiative, offering an 80-hour trauma informed, culturally rooted yoga program for Indigenous women and two spirit folks. Jessica is the co-founder of Cedar and Gold, collaborates with communities and organizations across Turtle Island.

The first 30 to register will receive a free yoga mat! (for those that do not currently own one) Pick up at University of Arizona only.

ZOOM Webinar: Register in advance please, registration required!

Register at: <https://bit.ly/3kRvE3d>

or scan barcode



Please contact williamocarson@email.arizona.edu or felina@arizona.edu for any questions

 Native American Advancement & Tribal Engagement



THE UNIVERSITY OF ARIZONA

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