COMING IN SUMMER 2022!

Do you identify as an African-American or Black woman?

Do you exercise fewer than 30 minutes per week?

Are you interested in learning more about yoga?

If yes, a University of Minnesota research study, led by Dr. Daheia Barr-Anderson, will be conducting a yoga program starting in June 2022.

If you would like to join, scan the QR code below to complete a survey to determine if you are eligible.

Find out more: yogamoves.umn.edu
Phone: 612-301-5919
Email: yogamoves@umn.edu

Please share with anyone who may be interested!

School of Kinesiology
University of Minnesota