

Yoga Suggestions from Marguerite O'Brien
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We offer free meditation and Yoga @UofSC Columbia. All are welcome to participate

Meditation [@GamecocksLiveWell](#) on FB (you can find archived sessions here too, in case the live time doesn't work for you):

M, W, F 11:20-11:40

T, TR 12:30-12:50

Yoga (Live on [Healthy Carolina FB](#); archives on [YouTube-Healthy Campus Initiatives](#))

M – 5:15 pm

W, F – noon

Here are some apps to try:

Aura

Calm

Enso

Headspace

Insight Timer

Omvana

Simple Habit

Stop, Breathe and Think

Some websites:

<http://www.mindful.org>

<http://www.marc.ucla.edu/>

<https://www.tarabrach.com/guided-meditations>

<http://self-compassion.org>