

## Some additional information about our yoga session and teacher

Marta Walentynowicz is a postdoctoral scholar at KU Leuven/UC Louvain and a yoga teacher running the Green Yoga studio. She has completed Yoga Teacher Training with Yogalife and Prenatal Yoga Teacher Training with Linda Spackman. Marta shares her excitement for yoga and mind-body connection through hatha and prenatal yoga classes. She is certified with Yoga Alliance. She will give an introductory level class so that everybody will be able to join and enjoy!

*What do you need?* Comfortable clothes, a yoga mat (or large towel/blanket), and an open mind!

