

Sample Workshops Offered:

Desk Zen

Does your office need a *Zen* make-over? This workshop is a “feel good” session which teaches various stress and pain relief techniques such as breathing, meditation, and yoga. The class expresses the quote “mind over matter” by providing methods that are useful for rejuvenating your body, refreshing your mind, and relaxing your focus. Also provided will be useful breathing mechanics which increase vitality, decrease stress, and help one become more mindful.

Office Fit

Having an office job that requires you to sit at a desk all day has the potential to wear down and deactivate your body. To keep your body stimulated, we’ve provided you with the option to get fit at your desk! This workshop teaches proper seated posture for injury prevention, stretches and two 10-minute simple, full body workouts that lead to increased strength, increased mental focus, and decreased stress.

Wellness on Wheels Registration Form

Department: _____

USD Department

Community Department

Name (First and Last): _____

Contact email: _____

Phone Number: _____

What program would you like to request?

Desk Zen

Office Fit

How many people will be participating? _____

Date and Time you would like to schedule this program?

Where will the program be held?

Thank you for your program request! We will email you shortly to follow up with you. If you would like to consult with the Fitness staff about programming details or have any questions about customizing your program, please email Dottie.kerkman@usd.edu directly to schedule an appointment in person or over the phone at 605-677-8819.



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