Sponsored by the Graduate School.

**Yoga 101**

Yoga is one of the most influential twentieth-century yoga teachers, said, “Yoga does not just change the way we see things, it transforms the person. Who does not, by class; we’ll break down the essentials of a vinyasa-flow practice and give you the entry point to confidently make this transformational practice a part of your self-care routine. Come to learn the basics of creating greater clarity, freedom and strength in your body and mind through key points of alignment, expansion of your breathing, and essentials of yoga philosophy. You’ll leave not only feeling refreshed and centered in your body but you’ll receive timeless take-aways that will keep you inspired to explore how yoga can infuse reverence, kindness and acceptance into every aspect of your life. Bring your own yoga mat (limited number available to borrow). Sponsored by the Graduate School and Campus Recreation.

**Wednesday, March 4**
6:30-7:30PM
OGC, COFFEE HOUSE (ENTRYWAY 12)

**Becoming a Man and Dealing with Stress in the Academy**

There are many social norms that prevent men from talking about stressful experiences. In this conversation, men will explore tips and tools that can be utilized to manage stress, take care of themselves and support their friends and colleagues. Facilitated by Shawn Maxam, LSW. Sponsored by the Graduate School and MA/RRC Project.

**Thursday, March 5**
7-8PM
OGC, COFFEE HOUSE (ENTRYWAY 12)

**Financial Planning and Literacy Seminar**

Learn how to make the most of your graduate student years by taking charge of your finances. Hosted by Haven Capital Group, an investment management and financial planning firm in New Jersey. Selected topics will include: The value in having a budget, particularly one that makes sense; The value in starting a savings program that will give you the most time to prepare for retirement. The value in understanding the proper amounts and types of investments you may want to consider during various stages of your “time horizon”, The merits of saving a set portion of your income each pay period. This program is not meant to serve as an endorsement for this firm and is only meant to share information.

**Monday, March 9**
6:30-7:30PM
OGC, COFFEE HOUSE (ENTRYWAY 12)

**Renting in New York: A Practical Guide: Seminar + Q&A**

Moving to New York City after graduation? Learn more about the NYC rental hunting process from the co-founders of Cooper & Cooper Real Estate. Topics include: Starting Your Search, Neighborhoods & Subways, Apartment Shapes & Sizes, The Application Process, Paperwork Requirements, Income & Credit Guidelines and The Real Estate Market. Cooper & Cooper is a premier residential real estate brokerage firm based in Manhattan, transacting apartment rentals and sales. This program is not meant to serve as an endorsement for this firm and is only meant to share information. More, by attending this program you are not in any way expected to conduct business with the firm following the program. Sponsored by the Graduate School & Office of Career Services.

**Monday, March 16**
6:30-7:30PM
OGC, COFFEE HOUSE (ENTRYWAY 12)

**How Do I Connect My Religious/Spiritual Side With My Academic Life?**

Ever wondered if you could integrate more deeply your beliefs and core values with your scholarly endeavors? When academic work takes up so many waking hours, have you thought about how to make time to thrive spiritually? Have you wished you could live with a closer alignment between what you believe and what you do? All are welcome to these discussions, led by ORL Deans Alison Boden and Matt Weiner, about how to integrate the life of the spirit and the life of the mind. Light dinner will be provided. Sign up is required. Sponsored by the Graduate School & Office of Religious Life.

**Wednesday, March 25**
7-8PM
OGC, COFFEE HOUSE (ENTRYWAY 12)

**The Frugal Gourmet - Wellness Wednesdays and Make Your Own Hummus**

Come join Melissa Mirotta, Campus Wellness Director, for an educational and inspiring evening. Learn about how to manage your graduate stipend to minimize your grocery store bill and maximize the nutrition density of each meal for you and your family. In addition, learn about the origin of the chickpea based spread and its health benefits. Take home a four ounce container of handmade hummus. Three varieties of hummus will be discussed. Participants get to choose which type to make and bring home. This wellness event is geared to all audiences and members of the graduate community and their families. Sign up is required. Sponsored by the Graduate School & Office of Campus Dining.

**Thursday, April 2**
6:30-7:30PM
OGC COMMON ROOM

**Auric Creativity**

Jonah Lehrer in his new book, Imagine: How Creativity Works, offers the wisdom, “The answer will arrive once you stop looking for it.” This workshop pairs this theme with cornerstones of yogic philosophy to teach you how to use yoga to transform creativity blocks of all kinds. One requisite is required for this class: this class is your personal creative dream. This workshop will teach you how to create the conditions for clarity, strength and spaciousness to facilitate your next creative breakthrough. We will use yoga postures, breathing exercises and meditation to transform our expectations & obstacles into an inner reservoir of inspiration and momentum for your dream. Bring your own yoga mat (limited number available to borrow). Sponsored by the Graduate School and Campus Recreation.

**Monday, April 20**
6:30-7:30PM
OGC, COFFEE HOUSE (ENTRYWAY 12)

**Reenrollment and the FPO: Everything You Need to Know**

Come meet the Associate and Assistant Deans for Academic Affairs and learn about the enrollment statuses available to graduate students, how to navigate the process, and how to be prepared for the requirements for the FPO and defense of the dissertation. Q & A is also available. Sponsored by the Graduate School.

**Wednesday, April 22**
6-7PM
OGC, COFFEE HOUSE (ENTRYWAY 12)

**The Three Ds: Preventing Interpersonal Violence and Abuse**

Being a proactive bystander can be challenging. How does one intervene when they see something problematic happening? How can one act if they notice problematic educational training, facilitated by the SHARE office, will provide graduate students with the knowledge and skills to notice problematic situations and feel empowered to take action. Sponsored by the Graduate School and SHARE.

**Tuesday, April 28**
6-7PM
OGC, COFFEE HOUSE (ENTRYWAY 12)

**Pivot Demo / Rules and Incentives for External Fellowships**

Are you looking for funding or collaboration opportunities? Want to get weekly email alerts of new opportunities matching your research interests? Then come to this Pivot training demonstration! Show what you have, and learn what is available at Princeton (faculty, staff, researchers, post docs, grad students and undergrads) can use to find funding and collaboration opportunities. We will also introduce a variety of sources from around the world, for all sorts of purposes. This demonstration will include: how to sign up for a Pivot account, how to search and track opps, how to refine and save searches, and how to sign up for weekly email alerts. Also, hear about the policies and incentives for external fellowships directly from Associate Dean Mary Rechel of the Graduate School. Sponsored by the Graduate School and Office of Research and Project Administration.

**Wednesday, May 6**
6:30–7:30PM
OGC COMMON ROOM

**Restorative Yoga & Meditation**

Do finals have you stressed? In a state of worry and hurry? Don’t think you have enough time for self-care? Give yourself the gift to relax and savor a full hour of creating spaciousness, health & balance in your mind and body. In this class we will use restorative yoga, supine postures supported by props, as well as guided meditation to promote deep relaxation, stress-relief and relieve you of excess tension. These two healing modalities have the ability to balance the central nervous immune and endocrine systems which will further enhance your ability to thrive with the support of your body’s well-being. Bring your own yoga mat (limited number available to borrow). Sponsored by the Graduate School and Campus Recreation.

**Monday, May 11**
6:30–7:30PM
OGC, COFFEE HOUSE (ENTRYWAY 12)

**How Do I Connect My Religious/Spiritual Side With My Academic Life?**

Ever wondered if you could integrate more deeply your beliefs and core values with your scholarly endeavors? When academic work takes up so many waking hours, have you thought about how to make time to thrive spiritually? Have you wished you could live with a closer alignment between what you believe and what you do? All are welcome to these discussions, led by ORL Deans Alison Boden and Matt Weiner, about how to integrate the life of the spirit and the life of the mind. Sponsored by the Graduate School & Office of Religious Life.

Sign up for any or all events with Olivia Martel at omartel@princeton.edu.