



Taiyoga Beats with Dr. Lyn Litchke

- Join us for a virtual fun, active session that combines Yoga (Mind-Body-Spirit), Tai Chi (Mind-Body-Breath), Rhythmic Beat (Brain-Body-Balance) and Spiritual Fitness (Mind-Body-Soul)
- Dr. Lyn Litchke is an Associate Professor in Therapeutic Recreation program, Health Sciences.
- Dec. 15, 2020 at Noon.

Please pre-register at wellness@uleth.ca and the virtual meeting link will be forwarded to you in advance.

Dr. Lyn Litchke recently came to the U of L from the Therapeutic Recreation program in the Department of Health and Human Performance at Texas State University where she taught for 18 years. She is the 2016 recipient of the Presidential Award for Excellence in Service. Lyn has been a Certified Recreation Therapy Specialist for over 30 years. Additionally, she is certified in DRUMS ALIVE DRUMTASTIC, 200 hr. Integrative Yoga Therapy, Lakshmi Voelker Chair Yoga, Kid Yoga Fit, and Horticulture Therapy. Her overall area of research focuses on improving the quality of life for individuals with disabilities through various therapeutic recreation interventions. Dr. Litchke's current research is a program she developed called Natural High: a 12 step recreation and recovery ministry for addiction and mental health; involving yoga, tai chi, taiyoga beats, and drumming.