

# Step into Spring with DANDRITE

Celebrating Spring with shared activities and good energy

## Step Challenge

The group with most average steps = winners!  
Mon 9:00 – Fri 9:00  
Sign up:  
[asmu@dandrite.au.dk](mailto:asmu@dandrite.au.dk)

## Guided Tour

27 April, 15:30  
Kickstart your steps with a guided tour through Botanical Garden.

## Office Yoga

29 April, 10:00-10:20,  
1874-816:  
A short session to reset your body and mind. No special clothing needed.

## Office Yoga

1 May, 10:00-10:20,  
1115-151B:  
A short session to reset your body and mind. No special clothing needed.

## Friday Bar with YoDA

1 May, 15:00, 1116-042.  
Enjoy a beer or soda with YoDA.

All events will be sent to DANDRITEs and Affiliated Researchers via outlook. Contact the DANDRITE Support Team if you need further information.