

Join us for: *Yoga Practice*

**MONDAYS AT 11-12 FOR STUDENTS AND 12-1 FOR STAFF &
FACULTY**

OFFERED FREE OF CHARGE

Balance your mind this spring semester and join us for twice weekly yoga practice!

- Classes typically involve movement, stretching, meditation, and breath work.
- Yoga provides many health benefits such as stress relief, physical fitness, and mood improvement.
- Nurture relationships between your mind, body, and spirit.



Register Here



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