

# Join us for: *Yoga Practice*

**MONDAYS 11:15-12:15 AND TUESDAYS & THURSDAYS 12:30-1:30 @  
THE CCS**

**OFFERED FREE OF CHARGE FOR STUDENTS, FACULTY, AND STAFF**

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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