FREE!

Yoga

Wednesdays

Get your Zen on...

Beginning September 2nd, 2015

Wednesdays

Community Hour (1:40pm-2:40pm)

T-Building, 3rd Floor, Combative Room

Beginners welcome!

Wear comfortable clothing

Bring a mat or use ours

Sponsored by:

The Department of Counseling & The Women's Center

Instructor: Rachel Shanken, LMHC, RYT-200

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