



LIGHT

Lunchtime Yoga

A great way to mentally and physically reset your day.

6 Classes

WEDNESDAYS @ NOON

Wednesdays, January 27 - March 2
12 NOON - 12:45 PM
Indian and Atlantic Conference Rooms

QUICK FACTS:

- No need to change clothes
- Attend all 6 classes or just a few
- Low Impact
- No experience necessary
- Modify each pose to your own comfort level
- Calm, dimly lit atmosphere