

# Join us for: *Yoga Practice*

**MONDAYS & WEDNESDAYS 12-1 PM @ THE CCS**  
**OFFERED FREE OF CHARGE FOR STUDENTS, FACULTY, AND STAFF**

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

Yoga is a practice that nurtures relationships between one's mind, body and spirit, as well as with community and nature. Yoga provides many health benefits such as stress reduction, physical fitness and mood improvement.

Classes typically involve movement, stretching, meditation and breath work. Our practice provides the environment where each participant creates and expresses their unique and personal Yoga.

About the instructor: Carolyn Flechsig is the current Chemistry Department Laboratory Coordinator where she arranges for the material needs of the student labs with the help of fellow staff and a small team of student workers. She is a yoga teacher who also enjoys martial arts, gardening, science, as well as building and fixing things. She considers herself a perpetual student who is always exploring and learning.



**Register Here**



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