



Join us!
at the
Center for Contemplative Studies



Stress Management
for Faculty & Staff

West Chester
University



Restorative Yoga & Meditation

WEDNESDAY OCTOBER 19TH

IN PERSON AT 5PM

CENTER FOR CONTEMPLATIVE STUDIES

700 S. CHURCH STREET

Class facilitated by
Satya Dass- RYT 500,
USUI Reiki Master,
Trauma Informed
Facilitator and YACEP



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