



Get Into Your Body!

Yoga for Emotional and Mental Wellness

Mondays
2:30pm-3:30pm
Starting: 11/13/17

**Increase sense of body awareness, embodiment, choice, and empowerment.
Learn how to calm the mind, and notice, identify, and tolerate physical
sensations within the body.**

- Please wear comfy active wear (no tank tops, t-shirts are a must!)
- Socks, water and towel are all optional
- Bring a yoga mat (if you do not have one, please let the front desk know when you sign up, the instructor has a limited number of extra mats available)

Fee: \$10
(\$5 for WCU Students)

If interested please contact:

Community Mental Health Services

| 610-436-2510