

Sponsored by VSU Student Health Center

Take a moment to RELAX, RELATE and RELEASE

Yoga: Mindfulness + Movement at Virginia State University

Come learn and practice mindfulness, gentle movement, breathing techniques, and meditation to manage stress and take care of yourself. Mats provided. No experience necessary.

**Held Weekly On Campus
Memorial Hall Room 207**

EVERY MONDAY
12:10 PM-12:50 PM
February 3, 10, 17, 24
March 9, 16, 23, 30
April 6, 13, 20, 27



Questions? Contact Victoria Sanders, Health Educator, at 804-524-6451.