



Reset

Yoga & Mindfulness

Engage in a regular self-care practice designed to increase strength, stability and serenity within all aspects of your life.

This practice, facilitated by the Office of Student Care, combines therapy, meditation and exercise to help you reduce stress and improve focus, mood and self-esteem.

CLASSES ARE OFFERED WEEKLY*

Tuesdays 4 – 5 pm | Fridays 10 – 11 am

Classes begin on Jan. 7, 2020 and end on April 17, 2020.

All levels welcome.

Lopes Performance Center Sanctuary

*Excluding holidays

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