



**FREE FOR HSU STUDENTS!**

# YOGA AND RELAXATION

*with Sasha*

~ Take a deep breath and calm your mind ~

**THURSDAY NOVEMBER 14TH, 2-3 PM**

**FRIDAY NOVEMBER 15TH, 5-6 PM**

**THURSDAY NOVEMBER 21ST, 4-5 PM**

**REC & WELLNESS CENTER ROOM 125**

Email [jcb43@humboldt.edu](mailto:jcb43@humboldt.edu) to enroll in a session.

Yoga mats provided.

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