



Mindful Alignment

Treat yourself to some self-care with relaxing and gentle yoga while on campus.

Release stress with alignment informed poses, awareness of the breath, and mindfulness to stay present in your practice. Yoga props will be incorporated to enhance this nurturing experience. This session will be presented by an instructor from the Eternal Bliss Yoga Center.

All students are welcome to participate in this stress-less yoga session!!!

Date: November 6th, 2017

Time: 12-1pm

**Location: MCC's Downtown Campus, 2nd floor,
room 250 (Dance Studio)**

Wellness Promotion Center
D O W N T O W N C A M P U S
Promoting Healthy Living



Monroe Community College
STATE UNIVERSITY OF NEW YORK