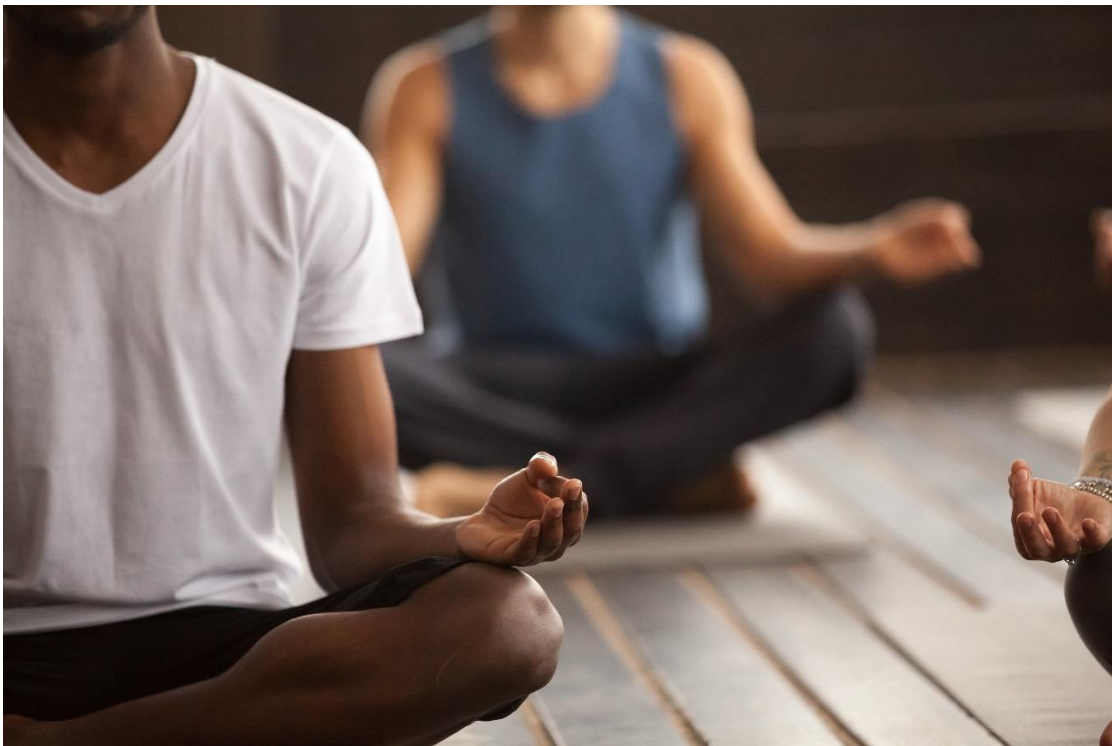


YOGA GROUP

Learn yoga poses, breath work, & meditations
to reduce stress



Open to ALL PSU Students ~ No experience necessary

Beginning February 3rd

Fridays 3:00pm-4:15pm

Fitness Studio at the HUB

Facilitated by Jen Burke, LCMHC, RYT-500 from PSU Counseling Center