

Yoga for Stress Relief: All Levels Yoga Class

Fall 2022

Fridays, October 7, 14, 21, 28, November 4
1:30 pm–2:15 pm
Kuykendall 106 Events Room

Enjoy a Friday treat before the weekend with our yoga for stress relief all levels class series. This is a great class to help you relax from a stressful week and wind down for the weekend.

This practice is designed to help reduce stress, increase energy, and inspire you to step into your best self. Each class includes a short meditation and gratitude share to support holistic wellbeing and increase positive emotions to nurture a sense of empowerment in the workplace, on and off the mat.

This class series is accessible for all beginning students with no prior experience needed. All are welcome! Bring a yoga mat and comfortable clothes for practice and we will see you there.

This event is sponsored by the OFDAS Center for Teaching Excellence (CTE).

PRESENTER

Miku Lenentine
Program Coordinator, Center
for Resilient Neighborhoods

Located at 'Ōhi'a 101
Kapi'olani Kula Nui Kaiāulu
Kapi'olani Community College,
University of Hawai'i

Space is limited
to 25 people. Pre-
registration is required.
Confirmation will be sent by
email prior to the event.



Mask recommended.



Register Online
www.ofdas.hawaii.edu/events

**OFDAS Center for
Teaching Excellence (CTE)**

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