

Yoga for Stress Relief

All Levels Yoga Class


Spring 2023

Thursday, March 23
Fridays, March 31, April 14, 21 and 28
1:30 pm–2:30 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.

 Yoga mat and towel required.

PRESENTER

Dr. Miku Lenentine
 Program Coordinator, CERENE;
 Research Center for Resilient
 Neighborhoods, Kapi'olani
 Kula Nui Kaiāulu, Kapi'olani
 Community College

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



Register Online
www.ofdas.hawaii.edu/events

OFDAS CTE

808-956-6978
 cte@hawaii.edu
 www.ofdas.hawaii.edu