

Relax and Renew:

# Virtual Summertime Yoga Mini Series

Summer 2023

**Tuesdays, June 6, 13, 20, and 27**

**12:00 pm–12:50 pm**

**Online Event**

We warmly invite you to join us for an uplifting and rejuvenating summertime yoga and stretch mini-series designed to help you relax and renew. This all-levels 50-minute practice is designed to alleviate stress, boost energy, and leave you feeling refreshed and revitalized. You're welcome to use a chair or practice on the floor, depending on your personal preferences and fitness needs. Come as you are, unwind, and leave feeling ready to take on the rest of your day with renewed energy and calm in celebration of summer, self-care and you!

**PRESENTERS**

**Miku Lenentine**

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

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



**Register Online**

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