

Chicago State University
Counseling Center Presents:



YOGA & WELLNESS SATURDAYS

Stretch, breathe,
and recharge
with us this
semester!



Jacoby Dickins Center
Dance Studio Rm. 102

11 AM -
12 PM

- **January 24th** - Cultivate Focus & Intention
- **January 31st** - Release Stress & Restore Calm
- **February 28th** - Discover Emotional Regulation
- **March 21st** - Combat Physical Tension
- **April 11th** - Embrace Transitions & Uncertainty
- **April 25th** - Gain Mental Clarity Before Finals

*HOSTED BY: ARY JONES
DIRECTOR OF WELLNESS PROGRAMS
SELF-LOVE PRESCRIPTION INC.*

