

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.

