

**UNCSA**

**Wellness Center**

COUNSELING SERVICES

ALL LEVELS WELCOME

A yoga session to support you in  
connecting with yourself and others

# YOGA

*for you*



*Join us for a mind-body  
practice to support your  
mental health*

*This class will focus on:*

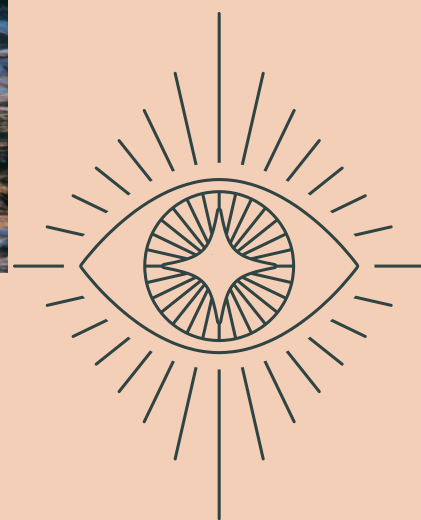
- *Mindful movement*
- *Soothing breath work*
- *Stress and tension relief*
- *Building resilience*

*For inquiries, please call  
336-770-3288 or email  
[goinsa@unca.edu](mailto:goinsa@unca.edu)*

## WHEN:

College: Fridays 11:00am  
Fitness Center

High School: Wednesdays 1:00pm  
Connector Building



**\*YOGA MAT NEEDED**