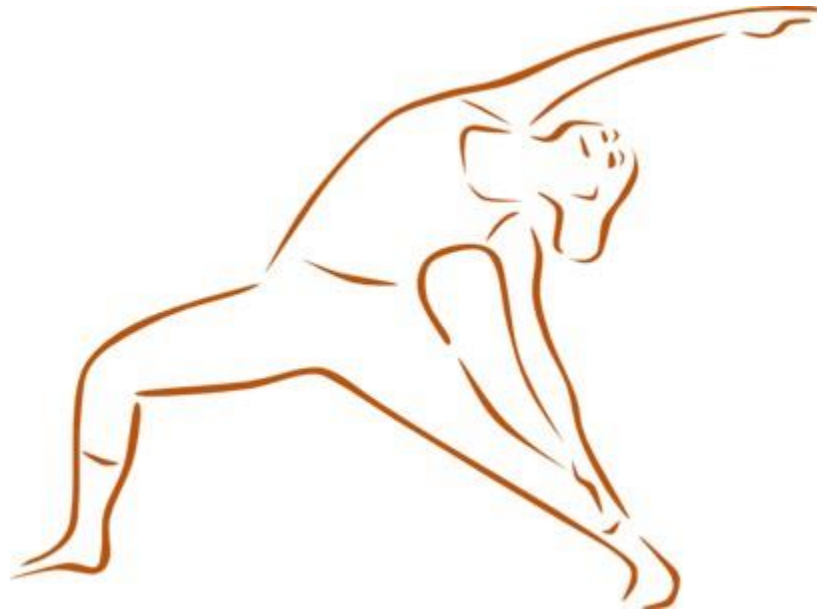


Looking to decrease stress, improve your posture, increase your strength and flexibility???

(and enjoy many, many more benefits!?!)



Starting this fall: CSUN Faculty and Staff Yoga Classes!!!!

When: Mondays & Wednesdays from 7-8am

Where: Redwood Hall B1

Dr. Ashley Samson (from Kinesiology) is offering a relaxing yoga practice designed to be appropriate for beginners and experienced yoga practitioners alike. You will learn the mechanics of proper breathing, alignment, and be guided through a well-balanced flow to increase overall health and well-being.

If you have any questions/concerns, please contact Ashley at

ashley.samson@csun.edu

(**First class starts Monday, August 31st and will be every Mon and Wed through Dec 16th)