

NATIONAL PUBLIC HEALTH WEEK

AN HOUR OF MINDFULNESS & YOGA

Faculty, staff, & students of all experience levels are invited to spend an hour practicing mindfulness & yoga. Beginners are especially welcome!

Thursday, 4/4

Time: 10 am- 11 am

Location: USU (East Conference Center, Tujunga)

Facilitators:

Dr. Mirna Sawyer (Health Sciences) &

Dr. Joshua Einhorn (Education)

Participants will learn:

- gentle yoga poses
- breathing practices
- guided relaxation
- focused attention practice

Please bring a yoga mat or beach towel.

Let us know if you want to join: joshua.einhorn@csun.edu

We will accommodate participants to the room capacity.



NATIONAL
**PUBLIC
HEALTH**
WEEK

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

the
INSTITUTE
for
COMMUNITY HEALTH
+
WELLBEING