



# Yoga with Kellie

**Mondays: 1130 to 1230**

**Thursdays: 1030 to 1130**

**in A100 north campus**

**ALL  
LEVELS  
WELCOME!**

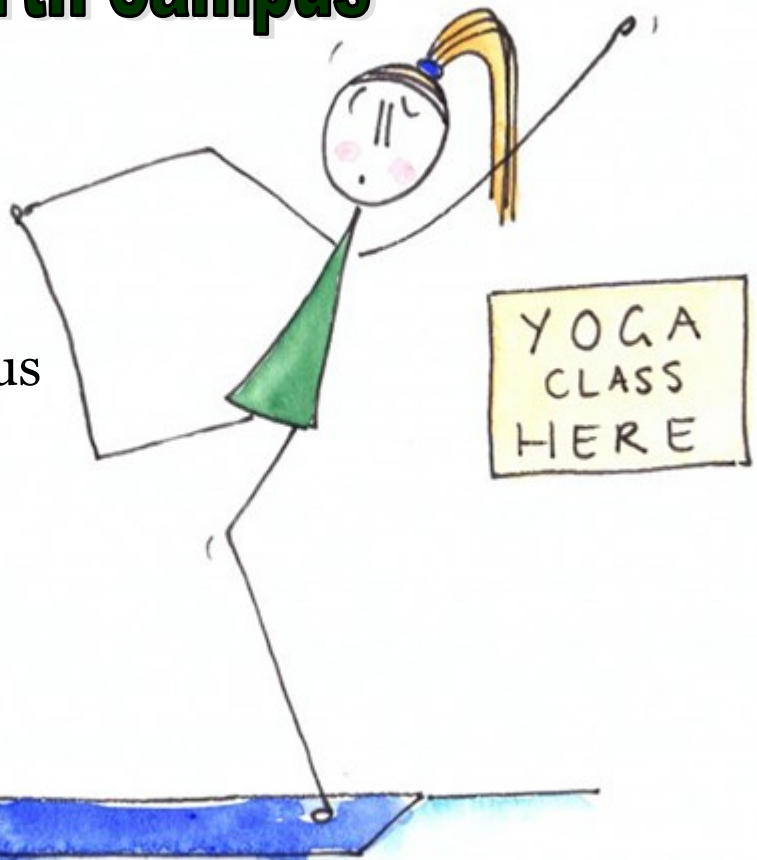
Expand your concentration & focus

Learn stress management skills

Improve your flexibility

Develop body awareness

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School of Hospitality,  
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