



All is Calm Relaxing Yoga

3-week Program on Wednesdays,
December 4 to December 18, 2024

5:00-5:45 pm via Zoom

Free program open to all employees and spouses

December is such a busy time of year and increasing our rest and relaxation is important to stay healthy and present! Join Trish Hart, Yoga and Mindfulness instructor, for a 45 minute session of gentle yoga, meditation and breathwork to help you destress, relax, and restore at the end of your day. Please have a mat or some soft surface, blanket, and pillow to make your practice comfortable.

Leader: Trish Hart, Yoga and Mindfulness instructor

Registration: Please register [HERE](#) by December 18, 2024