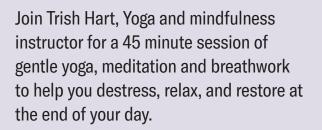
## MIIA Well Aware

## 6 Week Mindful Yoga Series



Please have a mat, blanket, and pillow to make your practice comfortable.

Wednesdays for 6 Weeks March 5 - April 16 (Skipping April 2) 4:30 to 5:15 PM

via Zoom

Trish Hart Certified Yoga Instructor, Health and Well-Being Coach

> Register here by April 16

Free to all employees and spouses!



