

6 Week Mindful Yoga Series



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, 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!**

