

# Join us for: *Yoga Practice*

## Mondays 12-1 pm

Balance your mind this spring semester and join us for twice weekly yoga practice!

- Classes typically involve movement, stretching, meditation, and breath work.
- Yoga provides many health benefits such as stress relief, physical fitness, and mood improvement.
- Nurture relationships between your mind, body, and spirit.



**Register Here**



700 South Church Street  
West Chester, PA 19383  
610.436.2200 • [www.wcupa.edu/cs](http://www.wcupa.edu/cs)  
[ccs@wcupa.edu](mailto:ccs@wcupa.edu)

