Twilight Yoga
3-Session Workshop
Sept. 16, 23, 30 Time: 5:15-6:15 pm

Bring balance to your life.
Through the use of yoga we will focus on a different topic each week. Week 1: Letting go. Week 2: Think about and identify what you want in life. Week 3: Putting steps into action to achieve what you want in your life. This 3-session workshop is designed for students to craft and be mindful of incorporating these topics into their lives. Class size is limited to the first 15 students. All MSU students are welcome!

Group Facilitators:
Abby Baerman, L.M.S.W.
Jessica Mitchell-Corsino, Psy.D., L.P.

Twilight Yoga is open to those with or without yoga experience.

Bring your yoga mat if you have one. (We’ll have 10 mats available for those who need one.)

No registration is needed. Just drop-in each week to gain the full experience!

For more information, email Abby at warszaws@msu.edu or Dr. Mitchell-Corsino at mitch921@msu.edu

LOCATION:
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