



## Yoga & Meditation Classes

September 13 – December 17, 2021

**Free for students and employees.**

Pick up your mindfulness card in the Wellness Centers, Rooms G139 and G110.

**Mondays: Yoga & Meditation**

5–6 p.m. Room G208

**Tuesdays: Yoga & Meditation**

1:15–2 p.m. Room G208

**Tuesday: Basic of Mindfulness**

5–6 p.m. Room G104

**Wednesdays: Mindful Meditation**

12:15–1 p.m. Room G208

**Fridays: Yoga & Meditation**

12:15–1 p.m. Room G208

**Join Now**

[www.mdc.edu/  
kendallfitness](http://www.mdc.edu/kendallfitness)

