

RPI Yoga Mondays

Improve Balance, Strength, Focus, Stress-Management

Pick up: 3:45, Door #5

**Mats Provided, Everyone welcome including adults,
No Fee, No need to sign up - Join Us!**

Great for beginners! Lots of laughing!

Watch for field trip dates!

Questions: Peelk@ree

"It's okay to take a break."

-unknown