

FREE YOGA CLASS FOR CCS STAFF

NOVEMBER 2nd

4:00 - 5:00 PM via Zoom



Join Youth Yoga Project for a gentle movement class that will include mindful movement, breathing, and guided relaxation. The class will equip you with strategies for positive self-care that can be used throughout the school year. All levels are welcome.

REGISTER

Sign up before October 30th to reserve your spot. ***Spots are limited to a first come, first serve basis, and for CCS staff members only.** Click on the link to register: <https://forms.gle/7DN4Z3WGfiTF8qbXA>

ZOOM LINK

You will receive an email from the Wellness Team with a Zoom link a **few days prior** to the event, so make sure to check your email.

CLASS INFO

To participate, clear a space where you can move on the floor. You can use a mat, towel, rug, or just move directly on the floor. Props such as towels, blankets, and pillows can be helpful. Wear loose, comfortable clothing.

QUESTIONS?

Contact syerramilli@columbus.k12.oh.us

