

R R / : Virtual Summertime Yoga Mini Series

Summer 2023

Tuesdays, June 6, 13, 20, and 27

12:00 pm - 12:50 pm

Online Event

We warmly invite you to join us for an uplifting and rejuvenating summertime yoga and stretch mini-series designed to help you relax and renew. This all-levels 50-minute practice is designed to alleviate stress, boost energy, and leave you feeling refreshed and revitalized.

and leave feeling ready to take on the rest of your day with renewed energy and calm in celebration of summer, self-care and you!

PRESENTERS

Miku Lenentine

Program Coordinator, CERENE;
Research Center for Resilient
Neighborhoods, Kapi'olani
Kula Nui Kai ulu, Kapi'olani

Community College (514) 576-44

This event is sponsored
by the OFDAS Center for
Teaching Excellence (CTE).

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