



TAI CHI / YOGA

Presented by: Sophie Rheinheimer

MINDFULNESS MOVEMENT PRACTICE

JOIN SOPHIE THE 1ST AND 3RD THURSDAY OF EVERY MONTH

Sept. 5th & 19th

Oct. 3rd & 17th

Nov. 7th & 21st

Dec 5th. 2:30 - 3:30

Building 2500 (Gym) Room 213



Remove by
12-6-24
Posting
approved