

Brown Bag: Yoga/Meditation Why Bother?

Presented by: Pat Michaelis-Talbott, Owner of It's OK Yoga Studio in Little Flock and Yoga Instructor for 12 years

What: Students, Faculty, and Staff are invited to bring their lunch and explore answers to the following: Have you wondered what the fuss is all about? What is it good for? Should you try it? Hype or life changing? Pat will discuss the benefits and side effects and lead participants in a few Yoga poses and meditation techniques

When: March 31st, 11am-12pm

Where: Student Center 108

Sponsored by the NWACC Wellness Spring Series!