

Manager, Student Inform

From: Inform
Subject: EM: Join the EmPOWER Center for Restorative Yoga

From: Rima Shah

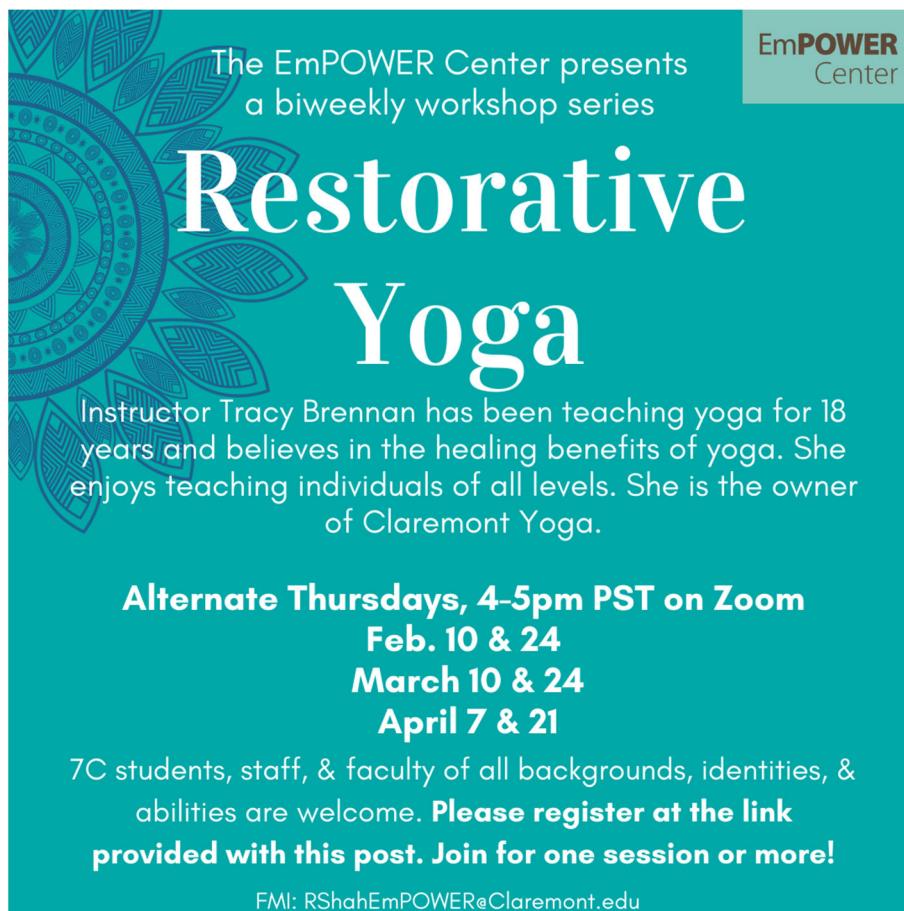
The EmPOWER Center presents a Spring '22 Restorative Yoga series

Alternate Thursdays, 4-5pm PST: Feb. 10 & 24; March 10 & 24; April 7 & 21

7C students, staff, and faculty of all backgrounds, identities, and abilities welcome

Register here for the Zoom link (link works for all sessions, join for one session or more!):

https://pomonacollege.zoom.us/meeting/register/tZAsdO-spzMvH9SGZQAmN1No5kLKD_6IVsz



Rima Shah, MPH, MA
Director, EmPOWER Center
The Claremont Colleges
1030 N. Dartmouth Ave | Claremont, CA | 91711
Office: (909) 607-2689
Pronouns: She/Her/Hers

[website](http://7Csupportandprevention.com) | 7Csupportandprevention.com
[facebook](https://www.facebook.com/empowercenterclaremontcolleges) | facebook.com/empowercenterclaremontcolleges

instagram | [instagram.com/empowercenterclaremont/](https://www.instagram.com/empowercenterclaremont/)