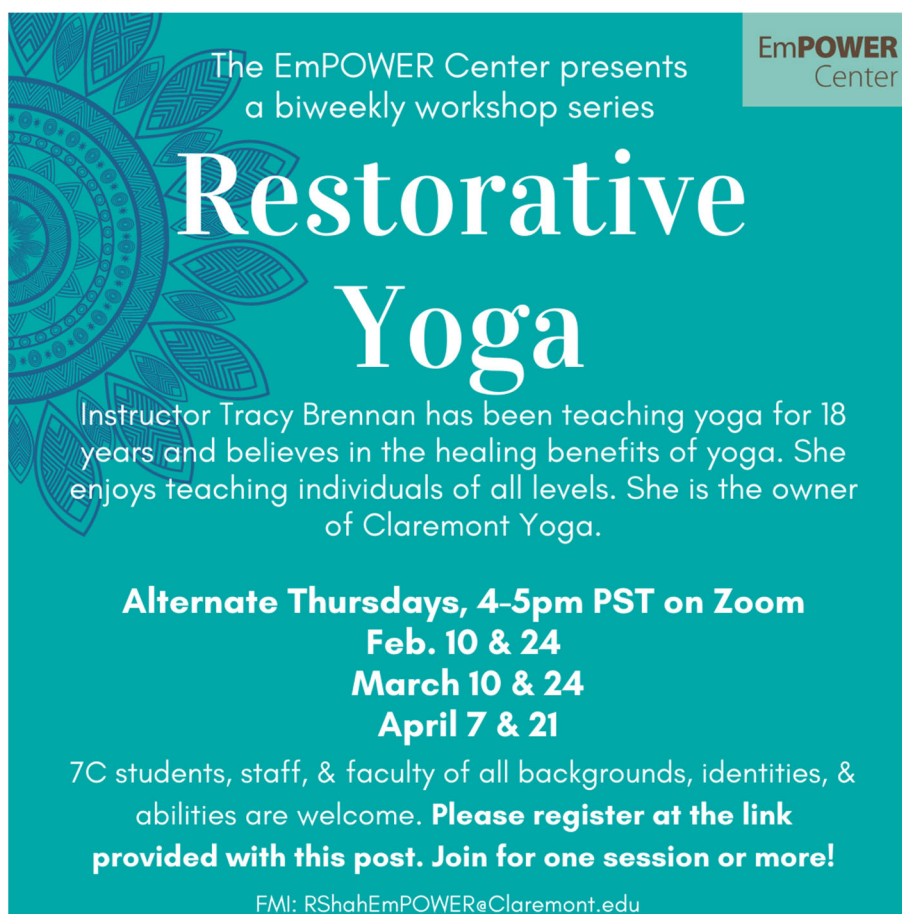


Manager, Student Inform

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://pomona college.zoom.us/meeting/register/tZAsdO-spzMvH9SGZQAmN1No5kLKD_6lVsyZ



The EmPOWER Center presents
a biweekly workshop series

Restorative Yoga

Instructor Tracy Brennan has been teaching yoga for 18 years and believes in the healing benefits of yoga. She enjoys teaching individuals of all levels. She is the owner of Claremont Yoga.

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

7C students, staff, & faculty of all backgrounds, identities, & abilities are welcome. **Please register at the link provided with this post. Join for one session or more!**

FMI: RShahEmPOWER@Claremont.edu

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