

Manager, Student Inform

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

From: Rima Shah

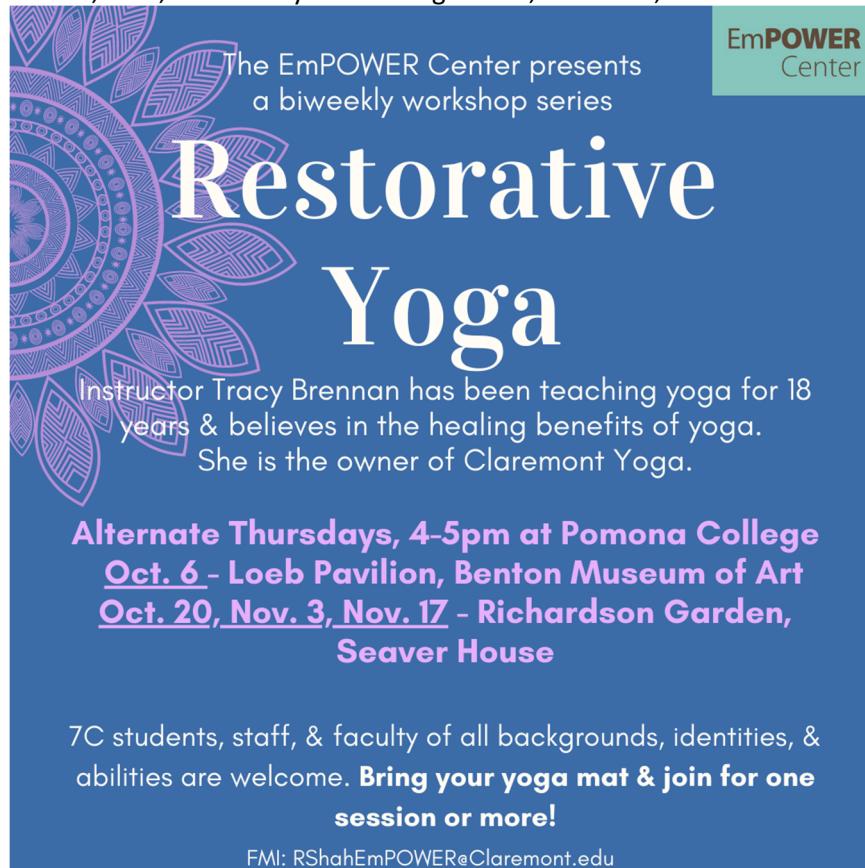
EmPOWER presents a Fall '22 Restorative Yoga workshop series

Alternate Thursdays, 4-5pm: Oct. 6 & 20; Nov. 3 & 17

First session at the Benton Museum of Art.

Remaining sessions at the Richardson Garden, Seaver House.

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



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

