

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.

The EmPOWER Center presents
a biweekly workshop series

Restorative Yoga

Instructor Tracy Brennan has been teaching yoga for 18
years & believes in the healing benefits of yoga.
She is the owner of Claremont Yoga.

Alternate Thursdays, 4-5pm at Pomona College
Oct. 6 - Loeb Pavilion, Benton Museum of Art
**Oct. 20, Nov. 3, Nov. 17 - Richardson Garden,
Seaver House**

7C students, staff, & faculty of all backgrounds, identities, &
abilities are welcome. **Bring your yoga mat & join for one
session or more!**

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