

Friday, February 7, 2025 at 13:39:47 Pacific Standard Time

Subject: EM: EmPOWER Center Presents: A Healthy Relationships Series & Yoga + Sound Bath Sessions
Date: Friday, February 7, 2025 at 1:39:39 PM Pacific Standard Time
From: Inform
Attachments: image002.png

From: Rima Shah

The EmPOWER Center presents

**Let's Talk About It:
A Conversation Series on
Healthy Relationships**

Facilitated by House of Ruth educators

**Alternate Wednesdays, 3:30-4:30pm
at the CARE Center at CMC**
Feb. 12: Healthy Relationships 101
Feb. 26: Healthy Communication
Mar. 12: Boundaries and Consent

All 7C students welcome. Join for one or more sessions.
**First two attendees at each session
win a Jelly Cat!**

FMI: rshahempower@claremont.edu

There will be Boba!!

The EmPOWER Center presents
a weekly series

**Restorative Yoga +
Sound Bath Sessions**

A unique and rejuvenating class that seamlessly combines the principles of restorative yoga with the therapeutic resonance of sound. Instructors from Claremont Yoga will facilitate the sessions.

Every Friday, 4:30-5:30pm
Feb. 14 to April 11 (no session March 21 & 28)
at Pomona-Pitzer's Center for Athletics,
Recreation and Wellness (CARW), Studio 202

7C students, staff, & faculty of all backgrounds, identities, & abilities welcome. Yoga mats available at the venue or bring your own. Join for one session or more!

FMI: RShahEmPOWER@claremont.edu

EmPOWER presents **Healthy Relationships** workshops on 2/12, 2/26, & 3/12, 3:30pm at the CARE Center, CMC
& **Restorative Yoga + Sound Bath**, weekly, 2/14 through 4/11, 4:30pm at CARW, Pomona

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