


Friday, February 13, 2026 at 2:51:40 PM Pacific Standard Time

Subject: EM: The EmPOWER Center Presents a Weekly Restorative Yoga Series
Date: Friday, February 13, 2026 at 2:51:38 PM Pacific Standard Time
From: Inform
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From: Rima Shah



EmPOWER
Center

The EmPOWER Center presents

Restorative Yoga

A rejuvenating weekly class that combines restorative yoga with breathwork. Instructors from Claremont Yoga will facilitate the sessions.

Fridays from 4:30 to 5:30pm

Feb. 20 & 27

March 6

April 3, 10, 17, & 24

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

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Fridays, 4:30-5:30pm, 2/20 through 4/24
At Pomona-Pitzer's Center for Athletics, Recreation and Wellness, Studio 202

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