

# Yoga for Mental Wellness

Join us through this guided yoga practice designed to enhance emotional wellness. No yoga experience is necessary and all levels of physical ability are welcome.

Student Wellness Group

University of Lethbridge

Counselling & Career Services

Free to join! All students welcome to attend

RSVP by email: [rsvp.ccs@uleth.ca](mailto:rsvp.ccs@uleth.ca)

Questions? Call 403.317.2845

