

ZEN ZONE



March

Yoga at lunch

Every Wednesday and Friday

10:50-11:15

(Room A -108)

Yoga – Take part in basic yoga sequences that will leave you feeling centered and ready to take on the day. We will focus on restorative and relaxing posture to help give you some relaxation and stress relief in the middle of the day. All are welcome. You can do some yoga and still have time for a bite to eat.

There are some mats available in the room or you can bring your own mat.

If you have any questions or suggestions, please email me.

bmaczko@wmrbsd.org

I look forward to seeing you!

Mr. Maczko

