

YES+ Workshop

Yoga Empowerment Service

**All About
You, Only
Better!**

FEATURING:

Ancient breathing techniques, yoga and meditation to increase enthusiasm, self-confidence & creativity.

BENEFITS:

- Improve Health & Fitness
- Harmony in Relationships
- Improve Soft Skills
- Better Concentration & Focus
- Reduce Stress

TAKE A BREATH PURDUE!

LEARN SIMPLE & EFFECTIVE TECHNIQUES
TO KEEP THE SMILE ☺ GOING...

Sep 22nd - 27th

Weekdays: 6:00pm - 10:00pm

Weekend: 10:00am - 4:00pm

Stewart Center Room 310

To Register Contact:

purdueaol@gmail.com | 217.801.2688



YES!+ Club Purdue

www.purdue.edu/artofliving

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