YOGA FOR MENTAL HEALTH

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Learn how yoga can help regulate the nervous system, alleviating feelings of anxiety or depression by cultivating a deeper awareness of experience in the body.

Instructor
Jema Abbate - CMHC '24, E-RYT

9:00 a.m.
Wednesdays in Algonquin

Beginners welcome! Follow and see the group exercise schedule **@plattsfitness**!