

Sessions run through the months of October to December!!
Start date: October 8th
End date: December 20th

Tuesdays ... 5 - 6 pm
Wednesdays ... 1 - 2 pm
Thursdays... 5 - 6 pm
Fridays... 1 - 2:30 pm

Limited yoga mats available, if you have one bring it with you!

**Join us at our
Namaste Yoga sessions
in the APEX
Aerobics Studio (M16)**

Attention Lehman Students!!!



LEHMAN COLLEGE OFFICE OF
STUDENT AFFAIRS

LEHMAN COLLEGE OFFICE OF
STUDENT AFFAIRS

“With inner peace, comes relaxation, with relaxation comes overall tranquility!

The ones who attain this can be considered free!” -Mary A

Sponsored by Lehman Namaste Yoga Club

Contact: Liz Markouskaya for more info

Email: lizaveta.markouskaya@lc.cuny.edu