

RELAX

with a morning of meditation + yoga

FRIDAY JANUARY 29

IN THE PALESTRA

235 S. 33RD ST



YOGA 9AM AND 10AM | MEDITATION 11AM

Yoga sessions will be led by Penn Recreation instructors. Meditation will be guided by Campus Health's Health and Wellness Educator, Sandi Herman.

Free for all students, faculty and staff

Bring your own yoga mat