



CHICAGO STATE
UNIVERSITY

KICK OFF THE FALL SEMESTER!

YOGA ON THE Yard



MONDAY **AUGUST 24TH**



11:00 AM – 12 NOON

BENEFITS OF YOGA FOR COLLEGE STUDENTS



REDUCES STRESS
& ANXIETY



IMPROVES FOCUS
& CONCENTRATION



ENHANCES SLEEP
& RECOVERY



BOOSTS MOOD
& SELF-ESTEEM



SUPPORTS PHYSICAL
STRENGTH & FLEXIBILITY



BUILDS CONNECTION
& A SENSE OF COMMUNITY



SELF LOVE
PRESCRIPTION

WITH
Ms Ary

WE'VE GOT YOU!



YOGA MATS
PROVIDED



GATORADE
PROVIDED



SNACKS
PROVIDED



BREATHE. STRETCH. RESET. YOU MATTER. YOUR WELLNESS MATTERS.

All are welcome! Come as you are. Let's start the semester centered, connected, and strong.



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