



SEPTEMBER IS NATIONAL YOGA AWARENESS MONTH

Every Wednesday
6 PM - 7 PM

Led by Dorian Venable,
M.Ed., RDN, LD, CHES

**SEPT
16**

TRX YOGA

Trust Your Body. Find Your Balance.
Dine College, Tsaile Gymnasium

**SEPT
23**

BODYBLADE YOGA

Find Your Rhythm. Flow With Strength.
Dine College, Tsaile Gymnasium

**SEPT
30**

TEAM BUILDING YOGA & MINDFUL NUTRITION

Build Connection Through Movement and Mindfulness
Dine College, Tsaile Gymnasium

**WHAT TO KNOW: BRING YOUR OWN WATER BOTTLE, DRESS COMFORTABLE,
AND YOGA MATS WILL BE PROVIDED.**

YOGGIE SNACKS | REFRESHMENTS | INCENTIVES | RESOURCES

**FOR MORE INFORMATION?
WELLNESS@DINECOLLEGE.EDU**