



Location

C-1.108

Date

Friday., March 24, 2023

Time 12 p.m. – 1 p.m.

Cost Free!

Contact

- **For program information:**
Dedra White Ext. 2786
- **For registration assistance:**
CPD Community Center
281.476.1893
community.engagement@sjcd.edu
FREE! Please register in advance @
community.engagement@sjcd.edu:

RELAXATION YOGA: Featuring Dr. Sullivan

Yoga is a mind-body practice that combines physical poses, controlled breathing, and meditation or relaxation.

Mind and body are related. So when your body relaxes so does the mind and vice versa. Your outlook on life changes when body and mind are in a relaxed state. Benefits of Relaxation Yoga: Reduced Stress, Lower Blood Pressure and Lower Heart Rate.

