



**Please Join Us in Celebrating
Good Health!**



**AN INTERACTIVE
INSTRUCTIONAL WEBINAR**

DE STRESS AT YOUR DESK

MAY 12TH

12:00PM – 1:00PM EDT

Learn to...

Revive and recharge right in your chair at your desk with forward bends and twists in conjunction with breath work...this will leave you feeling more open, relaxed, and ready for the workday!

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Presented by a Certified Yoga Instructor

