

Tuesdays/Thursdays

1:15 - 2:10 p.m., Room F133

Ready to boost your GPA and fitness level this semester?

Try a fun, time-efficient approach to yoga that will leave you feeling more energized, productive and focused in all that you do.

What is Power Yoga Flow?

- An athletic style of yoga.
- Featuring modern, upbeat music.
- Designed to improve balance, flexibility and endurance.
- No yoga experience necessary — only a desire to build a stronger body and mind.
- All levels welcome. Space is limited, so register today.

Presented by Angela Ambrose, Certified Yoga Teacher and ACE-Certified Group Fitness Instructor (AmbroseYoga.com).

Come join the yoga party this fall!

