

DROP-IN MINDFULNESS BASED WORKSHOP

BREATH COLLECTIVE



LOCATION:

**STUDENT SERVICES
CENTER (S-2025)**

DATE & TIME:

***WEDNESDAYS
10 A.M. TO 11 A.M.**

Starting in April
*(4/15, 4/22, 5/13)

Gentle stretching, guided meditation, and breathing exercises.

Limited to the first 10 participants—open to all.