**Osgoode - Student Success and Wellness Counselling**

**Invites**

**Students, Faculty and Staff to:**

**YOGA MONDAYS – via Zoom**

**September 13 – November 29/2021**

(Note- No classes on: Oct. 11 or Nov. 1)

**1:15pm – 2:15pm**

Zoom meeting link:

<https://yorku.zoom.us/j/97398104563?pwd=N3pZODdjVVNnTGp1V3lndG1aUXV3UT09>

* Log in between 1:00pm -1:15pm
* Please turn off your camera and mute your microphone upon arrival
* Class is locked at 1:15 – no participants will be admitted thereafter

**Classes are drop-in and free!**

**All levels of practice and experience welcome**