**Osgoode - Student Success and Wellness Counselling**

**Invites**

**Students, Faculty and Staff to:**

**YOGA MONDAYS – via Zoom**

**(30 minute class)**

**January 10 – April 4/2022**

(Note- No class on: Feb. 21)

**1:15pm – 1:45pm**

Zoom meeting link:

Join Zoom Meeting

<https://yorku.zoom.us/j/96363272833?pwd=eHM0M3lKTFZSeHRONk12NWlURFl4dz09>

* 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**