**Student Success and Wellness Counselling**

**Invites**

**Students, Faculty and Staff to:**

**YOGA MONDAYS – via Zoom**

**January 11 – April 5, 2021**

**(No class on Family Day- Feb 15)**

**1:15pm – 2:15pm**

* Zoom meeting link: <https://yorku.zoom.us/j/99116721914>
* 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**