

FREE Stress Relief Yoga

Stretch, Strengthen, Calm and Renew.
All levels of experience and ability welcome.



Two 30-minute classes offered

Chair class option is always available and you do not have to change into yoga clothes, if you can move comfortably in what you are wearing.

**Wednesdays: 12:30– 1:00pm &
1:00pm – 1:30pm
Stokes Center, Ransier Room**

Classes are FREE for CSU Employees. No registration required.

Please wear comfortable fitness clothing and bring your own yoga mat. Classes will be taught by Stacy Lynn, stacylynn@enlightenedfitness.net

Off-Site Reimbursement: CSU will reimburse up to \$50 for off-site yoga/pilates class participation at yoga studio of your choice for the first 20 employees to submit receipts to HR.

Questions? Contact your TriHealth Wellness Coordinator:

Molly Copenbaker at 513 977 0027 | molly_copenbaker@trihealth.com
or your CSU Wellness Program Contact at 937 376 6540 | hr@centralstate.edu

CSU Wellness 
Promoting Wellness for Life

Brought to you by the CSU Wellness Committee