

# Yoga for Health

Discover the Power of Yoga for Mental Wellness! Join us for revitalizing yoga sessions designed to nurture your mind, body, and soul. Release stress, find inner peace, and cultivate resilience through gentle movement and mindful breathing.



With yoga guide James Woods

📷 @Datyogadude  
🌐 [www.datyogadude.com](http://www.datyogadude.com)

**Date:** Thursday, May 2  
**Time:** 12:30 - 2:00 PM  
**Location:** CSS Grassy Area

**NORCO**  
COLLEGE

Health Services



Dat Yoga Dude