YogaX, the Department of Psychiatry and CST present...

YOGA FOR SELF-CARE

Do you pay regular visits to yourself? Start now.

-Rumi

JANUARY 31ST | 3:00-5:00 PM | KINGSCOTE ROOM 306

A workshop for Stanford students on how to practice self-care in the new year incorporating yoga science, philosophy, and practice.

This event will include discussion, movement and breathing practices focused on self-care and intention setting. All levels of yoga experience are welcome. Choice in how to engage in activities will be emphasized throughout.

Props provided. For more details and to register, contact yogaxteam@stanford.edu