

YOGA for ACADEMIC WELLNESS

student
success
center



Power Through Finals Week!

Discover the potential power of yoga to enhance your mental well-being and academic performance

FREE!

When:

Tuesday, 12/3

Tuesday, 12/10

Thursday, 12/19

1:45pm - 2:45pm

Location:

**Queen Lili'uokalani
Center (QLC) 412**



**For all UH Mānoa Students & others
Bring YOUR MAT or LARGE TOWEL**

Space is limited

SCAN this QR CODE
to REQUEST



We'll send you a confirmation!



**Sign-ups will close once we
reach maximum capacity**

Spaces are available on a first-come, first-served basis. Participants can join one session or all three. This event is hosted by the Office of Student Academic Success and Student Success Center. Class will be taught by Kayoko, a certified yoga instructor.



Student Success Center 808-956-5656 uhmssc@hawaii.edu