



Wellness Week

Movement and Mental Health: Free Power Yoga Class for All Levels

Join us for a power yoga class taught by certified yoga instructor Katie Rodriguez as a mental health break and a time for reflection!



Katie Rodriguez is a current third-year student at the University of Arizona. She is pursuing a Bachelor's degree in Physiology and is passionate about community outreach and healthcare advocacy. She is a certified yoga instructor and teaches at Session Yoga and Session Yoga Foothills here in Tucson. Katie has focused on creating an inclusive practice that welcomes everybody and every ability level. All are welcome to join her in this free, beginner-friendly Vinyasa-style yoga class.



April 28th at 3 PM
HSIB Room 444
tinyurl.com/YOGA-25

Visit our website for more information:

healthsciences.arizona.edu/outreach/student-engagement-and-career-advancement