

# Wellness Wednesdays Yoga

FREE yoga for  
every Lynx!

***Wednesdays 12-12:45 pm***  
***Student Commons Gallery, Level 1***

**Starts AUG 30th**

Vinyasa style class designed to release stress, improve strength, and enhance mood.

**All levels welcome!**  
**No experience necessary.**

**Questions?**

**Contact Amber Long**  
**303.315.6377**  
**[amber.j.long@ucdenver.edu](mailto:amber.j.long@ucdenver.edu)**



**Student Wellness Center**

UNIVERSITY OF COLORADO **DENVER**