



Join us!

at the

Center for Contemplative Studies



Yoga Practice

Tuesdays & Thursdays from 12:00 – 1:00pm

at the Center for Contemplative Studies, 700 S. Church Street



Carolyn Flechsig is the current Chemistry Laboratory Coordinator at West Chester University. She is also a student of several disciplines including yoga, martial arts, science, and a variety of philosophies and spiritualities. In her free time, she enjoys gardening and beekeeping. Overall, she considers herself a perpetual student who is always exploring and learning.

Register now: ccs@wcupa.edu

**Balance your mind this fall semester
and join us for twice weekly yoga
practice!**

Yoga is a practice that nurtures relationships between one's mind, body, and spirit, as well as with community and nature. Yoga provides many health benefits such as stress relief, physical fitness, and mood improvement.

Classes typically involve movement, stretching, meditation, and breathwork. The practice provides the environment where each participant creates and expresses their unique and personal yoga.

This practice is free and open to everyone (students, staff, faculty, local residents and campus visitors). Just show up as you are.

