



# Weekly Yoga

with Exhale to Inhale at City College of New York

Join us for free yoga classes designed to help you de-stress and connect with your body

**Tuesdays**

**1:00 pm - 1:45pm**

**Wingate Hall, Room 104**

**September 24 - December 10, 2024**

Sign-up: [tinyurl.com/CCNYyoga2024](https://tinyurl.com/CCNYyoga2024)



No experience  
needed  
Yoga mats will be  
provided