



ZOOM

Yoga



**ALVSCE Staff Council invites you
to join us for a midday reset!**

FRIDAY, MAY 17TH

12:00 - 12:30 PM

CERTIFIED YOGA INSTRUCTOR, SHEILA KRESSLER-CROWLEY WILL GUIDE YOU WITH A MIX OF MEDITATION AND STRETCHING AS YOU EASE INTO THE SECOND HALF OF YOUR WORKDAY. YOU WILL LEARN TECHNIQUES TO RELEASE TENSION AND ASSIST WITH WELL-BEING AND RELAXATION.

SHEILA IS THE ASSOCIATE DIRECTOR AT TERRY J. LUNDGREN CENTER FOR RETAILING AND THE FORMER SECRETARY FOR ALVSCE STAFF COUNCIL.