Managing Stress Through Yoga Workshop

Saturday, November 2nd at 2:00p.m.-4:00p.m.
(Please meet in the Student Life Center lobby area)

Presented by: Dr. David C. Herzog, Psy.D, RYT and Hannah Lipman, CYI

Are you feeling the stress of everyday life, school, or work? Well this workshop is for you! Come and learn various ways on how to cope and manage your stress through the art of breathing. You will also learn how to better manage and cope with stress through the use of visualization techniques, proper body mechanics, and restorative practices.

Co-Sponsored by Student Health and Wellness Programs, Counseling Services

For more Information: Please call Valerie Yamaki, Fitness Coordinator at (808) 933-7632 or email: vyamaki@hawaii.edu.