



Wednesdays | 12 p.m. | Building 100, Suite 1850

Yoga clothes are recommended for the yoga class.
Comfortable work attire is acceptable for the meditation class.
Please bring your own yoga mat.

9.18.19	Yoga	Session 1	45 minutes
09.25.19	Meditation	Session 2	30 Minutes
10.02.19	Yoga	Session 3	45 minutes
10.09.19	Meditation	Session 4	30 Minutes
10.16.19	Yoga	Session 5	45 minutes
10.23.19	Meditation	Session 6	30 Minutes

Email Tc.Customer@crescent.com to sign up