CLAS Staff Council wants to offer another option for stress relief!

The Wellness Center is going to provide a meditative/stretch yoga class for us! We are allowed up to 30 staff members, so please make sure to [**sign up**](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.signupgenius.com%2Fgo%2F10c0c4fa8a92da2fcc52-yoga%23%2F&data=05%7C01%7CJacki.Craig%40ucdenver.edu%7C7848f880e11c48d259c708db1684eddc%7C563337caa517421aaae01aa5b414fd7f%7C0%7C0%7C638128532403101923%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=9exoXZuCoPIO2akiCtgcVj4h%2FETEaqYdG3DiIjmMKqQ%3D&reserved=0) by Monday, February 27th!

**Yoga Class:**

**Thursday, March 2**

**10:00 a.m.-10:45 a.m.**

**Wellness Center (2nd floor- studio room)**

Once I provide them with the sign-up sheet, they will reach out to you about signing a waiver.

If you have any questions, please do not hesitate to contact CLAS Staff Council clas.staffcouncil@ucdenver.edu or Kadie.goodman@ucdenver.edu (I will be on vacation and will not be able to answer until 2/23).

Best,

**Kadie Goodman**| ELL Program Manager, DSO

*Pronouns:*she, her, hers *(*[*what's this?*](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mypronouns.org%2Fshe-her&data=05%7C01%7CJacki.Craig%40ucdenver.edu%7C7848f880e11c48d259c708db1684eddc%7C563337caa517421aaae01aa5b414fd7f%7C0%7C0%7C638128532403101923%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=LdXhIRCRb%2B%2BToPmPi31jsP0FDx69ikW2o3ZaZlMbNkI%3D&reserved=0)*)*

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