



**Please Join Us in Practicing
Mindfulness and Gaining Clarity**

INTERACTIVE INSTRUCTIONAL WEBINAR

GUIDED STRETCH

JUNE 17th

12:00PM – 1:00PM EST

Want to improve your flexibility or posture? Learn practical stretches as self-care routines to increase mobility, flexibility, and counteract chronic pain caused by repetitive use syndromes.

Recommended props - yoga mat, water

[Click Here to Register](#)

To test the software prior to this webinar, go to: <https://zoom.us/test>

