



**OLD DOMINION  
UNIVERSITY**

Recreation & Wellness



# Happiness Retreat

for ODU students

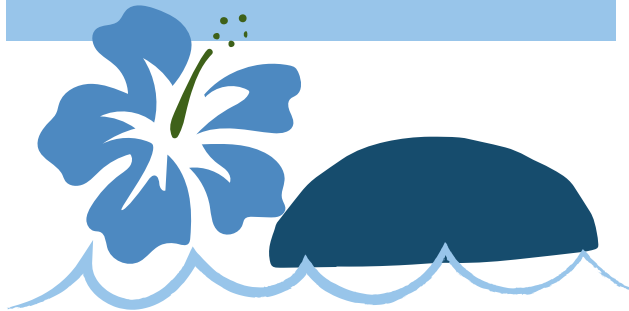
## 3-Day Retreat

Friday, April 19th: 5:00-8:00 PM  
Saturday, April 20th: 2:30-6:30 PM  
Sunday, April 21st: 2:30-6:30 PM

This retreat spans 3 days and will include yoga, breath work, meditation, and discussions surrounding happiness, leadership, resilience, service, and purposeful living.

Location: ODU Student Recreation & Well-Being Center Studio C

Only \$10 to Participate  
(Normally \$295!)



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