

THE WOMEN AND GENDER EQUITY CENTER PRESENTS:

THRIVING TUESDAYS

Sunset Yoga



RSVP Here!

https://bit.ly/SY_22

Date: April 12, 2022

Time: 6:30PM-7:30PM

Join the Women and Gender Equity Center
for a scenic sunset yoga session by the
Elizabeth River led by Ashley from ODU
Rec and Wellness Center!



OLD DOMINION
UNIVERSITY

Women & Gender Equity Center

*Enjoy sun, sea,
and sand!*

**JOIN US FOR
YOGA AT THE BEACH!**

Class Schedule

Wednesdays

7:00 AM to 8:00 AM - Hatha Yoga

8:30 to 9:30 AM - Vinyasa Yoga

Sundays

9:20 AM to 10:20 AM - Ashtanga Yoga

5:00 PM to 6:00 PM - Restorative Yoga

Rates: \$15/class

Own yoga mat optional

For inquiries, please call 123-456-7890 or
email hello@reallygreatsite.com. Learn more
at www.reallygreatsite.com. Follow us @sandiasyogastudio.