

Have you taken a break recently?

Working for too long without a break can lead to decreased productivity, fatigue or stress. But if you stop, pause, and take a break, you may find that you're more attentive, productive and energized!



Mindful Yoga – EVERY WEDNESDAY

**Join other students and yoga instructor, Nila Berger E-RYT
Wednesdays from 5-6 pm for a rejuvenating break.**

No prior yoga experience is necessary.

**Classes are FREE and are held in the MPR B Room in the
Recreation Center.**

More information can be found here:

<https://studentaffairs.jhu.edu/counselingcenter/our-services/outreach-workshops-programs>