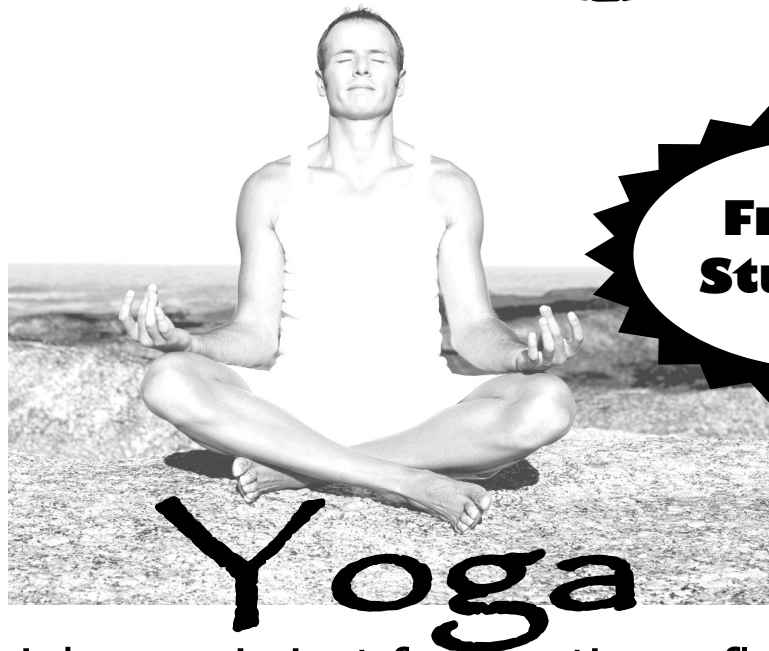


Bounce Back



**Free for
Students!**

Do you think yoga is just for creating a flexible body? Yoga is also a discipline that has a focus on creating flexibility in our emotions and thoughts.

In "Bounce Back Yoga" we'll focus on resiliency; this is the ability to regain our stability in the face of both day to day stressors and difficult times. We will do a gentle physical practice followed by a meditation (Yoga Nidra).

THURSDAYS 3:00-4:15 starting Sept. 22nd
Campus Centre, Interurban Campus

Students must complete a brief interview with Liisa Robinson in Counselling Services, after which they may drop in to the class. Visit Counselling Services on the 2nd Floor of Campus Centre, or Call 250 370 4925 to set up an intake.

This class is instructed by Liisa Robinson, Counsellor and Registered Yoga Teacher.

This practice is intended for all bodies / abilities and belief systems. Counselling Services thanks Camosun Recreation for their support of this program.