



Movement & Fitness

Monday Meditation - Instagram LIVE

Date: 1/30 - 5/1 at 6:00 PM

Wednesday Yoga - Instagram LIVE

Date: 2/1 - 3/22 at 2:00 PM

Thursday Stretching - Instagram LIVE

Date: 2/2 - 3/23 at 9:30 AM

Wellbeing

Enlightenment Ceremony - SC104

Date: 3/29 at 11:00 AM

"Cultivate loving compassion into the world"

Oracle/Angel card readings, lunch and more.

Circle Space - SC104

Date: 4/17 at 11:00 AM

"Gather together"

Art Therapy ~ Mandala Design - SC104

Date: 5/2 at 11:00 AM

"Find peace in the symmetry of the design and of the universe"

Yoga Instruction & Summit - SC104

Date: 5/3 at 11:00 AM

Connect and network with other students to talk Yoga!

Beginner class with healthy snacks to follow.

For more information
contact garrubad@mccc.edu