

We Are CUIMC Presents:

YOGA FALL FLOW

on Haven Plaza



PLEASE JOIN THE FLOW



OUTDOOR YOGA FALL FLOW FITNESS FOR ALL LEVELS



All are welcome to participate. No mats required.

PLEASE CLICK BELOW TO REGISTER:

[Register for Session 1:](#) Tuesday, October 24, 2023 | 2:00pm

[Register for Session 2:](#) Tuesday, October 24, 2023 | 3:00pm

Yoga Instructor: Daniel Dobrin, MHA
Location: On HAVEN PLAZA

In partnership with: Integrative Therapies Program, POWER, & Work-Life