

# You're Invited to a Lunchtime Yoga Session!

Dear Relaxation Enthusiasts,

We are excited to invite you to our upcoming Lunchtime Yoga Session designed specifically for those seeking relaxation and rejuvenation.

**Date:** Thursday, November 16, 2023

**Time:** 12:00 PM - 1:00 PM

**Location:** Community Wellness Center, Room 101

Join us for an hour of guided yoga practice, breathing exercises, and meditation. This session is suitable for all levels, and mats will be provided.

Don't forget to wear comfortable clothing and bring your water bottle!

To RSVP, please reply to this email by November 10, 2023.

We look forward to seeing you there!

Namaste,

The Wellness Team