



Yoga Session: What a great way to relax after your journey to the convention! Join us for some Yoga! This ancient practice promotes relaxation, reduces stress and improves conditions brought about by a sedentary lifestyle. This is a low impact - go at your own pace activity designed to relax your mind and stretch those muscles. It is a wonderful way to promote general health and improves your stamina. Includes a complimentary yoga mat!

Thursday, 8/3

Time: 1 pm - 2 pm

Travel Time: None!