



WELLNESS INSIDER

# Yoga Awareness

Wednesday, September 1, 2021

**Speakers:**

Judi Bar E-RYT 500, C-IAYT

**Location:**

Lerner, NA5-08

**Time:**

12:00pm-1:00pm

**Objectives:**

1. Define what yoga is
2. Recognize different styles of yoga classes and instructor qualifications
3. Describe what mindful awareness is by utilizing some basic yoga tools

To watch live, please visit: [clevelandclinic.org/employeeewellness](https://clevelandclinic.org/employeeewellness) and click on “Wellness Insider” under the Education tab.  
*All Caregivers are welcome to attend this presentation.*