

C.A.L.M.

Caring About Living More



Your Enlightened Side

Breathing Techniques, Low Impact
Yoga & Meditation Course

Interest Meetings: Thurs., 9/18 at 7:00 pm
 Wed., 10/1 at 7:00 pm
 Location - Willard, RM 109

Course Dates: Thurs., 10/16 thru Mon., 10/20



Breathing Techniques to eliminate stress and tension



Skills for improving relationships at home and at school



Tools to handle your mind and negative emotions

Contact Amanda Bienkowski via email at abienk@udel.edu
for more information or visit
www.studentcentral.udel.edu/organization/calm