

yoga



at harborview

heal the body

heal the mind

quiet your life

and start your thursday off right

Join instructor Dr. Joe Merrill
thursdays 6:30–7:30 am in
the **R&T building, 1st floor**.
Classes are **free** with **mats**
and **blocks provided**.
Beginners welcome!

Questions?
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sponsored by the UW SOM wellness committee