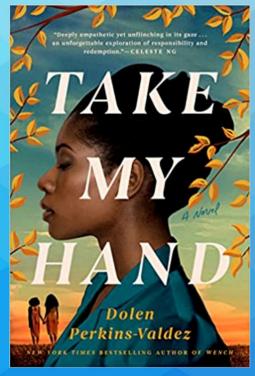
Breathe & Read

Yoga + Book Discussion

November 1 & 29 12:30-1:30 PM LRNC 131

Yoga and discussion led by Dr. Jennifer Wyatt Bourgeois:

- Professor of Criminal Justice at LSC-CyFair
- Registered Yoga Teacher
- Founder of Pages & Poses, a virtual/pop-up yoga studio with the intention to uplift Black voices in literature through conversation while integrating movement and breath.



Suggested Reading

cflib.info/yoga



Contact:

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cflib.info/yoga

