

**April 10, 2019
and
April 18, 2019**

**12:00 p.m.
to
12:30 p.m.**



B.Y.O.M.
(Bring Your Own Mat)

Yoga on the Mall

**FREE 30-minute
Basic Yoga Instruction**

Lead by: Joanne Caiola

**Join fellow staff on Legislative Mall (across from the north entrance of Jesse Cooper) for a 30-minute yoga session.
Basic yoga techniques will be taught in both sessions.**



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

(Note: Both sessions are weather dependent, and if cancelled due to rain, they will not be rescheduled.)