

## Wellness activity

Activity: yoga in the park.

Description: A health event called "Yoga in the Park" attempts to give university employees, staff, and students a chance to unwind and recharge. It consists of a one-hour yoga class taught by a licensed instructor in the picturesque natural surroundings of a neighboring park. Yoga poses and breathing exercises will be demonstrated to participants, who will benefit from improved flexibility and balance, a reduction in tension and anxiety, and an improvement in their general well-being.

Day and time: Weather permitting, the event will take place every Wednesday from 4:30 to 5:30 p.m. from April through September.

Promotional plan: Flyers and posters will be posted across campus to advertise the event, and emails will be issued to students, employees, and professors as well as posts on the official university pages on social media. In order to promote early registration, the first 20 participants will also receive free yoga mats and water bottles.