

04
April
2025

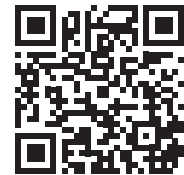
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Namaste All the Way

Yoga is a great way to relax, reduce stress, and connect with yourself. The great news is that you don't need anything fancy to begin a yoga practice. If you have your body and breath, you have all you need to get down, dog! Here are three ways to explore this ancient practice:

- Focus on your breath in the morning, before you start your day. This can be as little as one minute of intentional breathwork!
- Attend a yoga class in your community! Explore options in fitness centers, yoga studios, or even your local parks and rec department!
- Practice yoga in the comfort of your home by finding an instructor on YouTube!

**Scan here to find an
online yoga practice!**



EFR EMPLOYEE & FAMILY RESOURCES

