

Join us on  
Campus  
Groups



Register  
Here!

# YOGA

FOR ANXIETY & STRESS  
MANAGEMENT



Mindful movement and intentional breath regulation  
to reduce daily life stressors and anxiety.

Wednesdays 3-3:45 pm

UREC - Studio II

1/21/26 - 4/15/26

Mats & props  
provided

Classes led by:  
Krystin Cuthrell  
E-RYT200

contact [kcuthrell@jsu.edu](mailto:kcuthrell@jsu.edu)  
for any information



Hosted by JaxState  
Counseling Services