

Join us on
Campus
Groups



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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
for any information



Hosted by JaxState
Counseling Services