

YOGA AT WHOI



**WITH SHARON KOH
TUESDAYS @ 7AM
THURSDAYS @ NOON**

BEGINNING ON TUESDAY, JUNE 17TH, 2014

Join me for an hour of yoga asana on Tuesday mornings at 7am and Thursdays at noon on the 5th floor of the Clark Building on WHOI's Quissett Campus. These classes are donation based to make the practice accessible for both students and staff. Begin the day or take a break from work to breathe play and productivity back into your body . Questions? Contact me @ shokoh75@gmail.com or check in at www.sharonkoh.com