

Weekly Yoga

with Exhale to Inhale at The City College of New York

Join us for free yoga classes designed to help you de-stress
and connect with your body

Tuesdays, 1:00 PM- 1:45 PM
Wingate Hall, Room 104
Sept 16 - Dec 2, 2025

**No Live Class on Sept 23 & Oct 14. You will receive a 30 min yoga
video for you to practice at home**

sign up here



No experience
needed Yoga mats
will be provided



**CCNY
BEAVERS**

The City College
of New York



**OFFICE OF DIVERSITY
AND COMPLIANCE**

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of New York



**Division of
Student Affairs**

questions? email collegeprogram@exhaletoinhale.org