

A background collage of various yoga poses in grayscale, including standing, seated, and inverted positions, scattered across the entire page.

PALOMAR EMPLOYEES

FRIDAY YOGA HOUR

FRIDAYS 12-1PM

In room G-8 (aerobics room)

Wayne Tourda, our Palomar College yoga Instructor, has volunteered to lead a Yoga/Meditation class on Fridays at noon for the Faculty and Staff of Palomar College.

Join us for an hour of stretching, strengthening, relaxation and meditation.

This is a great way to end a stressful week and head into your weekend!